

## ABOUT ACUDETTOX

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Auricular acupuncture or Acudetox can help reduce cravings, insomnia, drug dreams, anxiety, and depression during addictions withdrawal and can be used to manage stress and help prevent relapse. New Mexico certifies Auricular



Detoxification Specialists to practice within established substance use treatment or prevention programs with periodic supervision by a NM licensed Doctor of Oriental

Medicine. This treatment is extremely low-cost and safe with no medication interactions or need for English fluency. Program staff can be trained in a few months. Both staff and clients report calmness after treatment and more receptivity to other treatments offered, such as counseling.

*How does it work?* This style of acupuncture is known to activate the peripheral and central nervous systems. It stimulates the release of endorphins, the body's natural opiates, and helps regulate serotonin and dopamine, the brain chemicals involved with addiction. It provides a deep relaxation. According to Chinese medical theory, addictions of any kind reflect an imbalance. While each person is unique, the syndrome of *deficient fire* is at the root of the addictive process resulting in an

obsessive desire fueled by internal emptiness. From this point of view, Acudetox helps restore internal harmony, which supports the patient in their own process of recovery.

## ABOUT THE TRAINING

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Approved by the NM State Board of Acupuncture and Oriental Medicine, this National Acupuncture Detoxification Association course contributes to the qualifications necessary to provide ear acudetox to treat addictions. Part 1 includes 30 hours of didactic education and a practicum. Part 2 includes 40 patient/hours of directly supervised treatments. Part 1 may be done separately from Part 2 but both are needed to become NM State certified as an Auricular Detoxification Specialist, or to receive a NADA (National Acupuncture Detoxification Association) certificate of completion and become registered as an ADS with NADA. PHANM has trained over a hundred people in Acudetox since 2006. We use only national NADA-Registered trainers and NM Board-registered supervisors. An in-class practicum is provided with acute detox clients and supervised internships are arranged to provide wide experience. After training, we support students up until NM certification. Program support is also available. The full cost of the training is \$600 for the four days didactic training, a 40 patient-hour supervised internship, material fees, insurance, NADA membership for a year, and support until certification. See registration form for more details. The course is approved for 32 California Acupuncture Board CEUs.

*Note: By law in NM, Certified ADS may only practice within a board-approved, substance-use, treatment, or prevention program. Supervision by a NM licensed Doctor of Oriental Medicine is required at least every 6 weeks for the first year of practice. ADSs must have a GED and not have been convicted of a crime within the past two years.*

## ABOUT THE SUPERVISED INTERNSHIP

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A supervised internship of 40 patient/treatments is required as part of the NADA and the NM state requirements for certification. Your internship supervisor will be assigned and experience is gained by completing at least 50% of your internship in a high-volume substance use treatment program. NM is fortunate to have several programs that are open to working with interns. Internship supervisors will be assigned. We currently have supervisors in Roswell, Albuquerque, Santa Fe, Española, Shiprock and Taos areas. Please talk with PHANM director if you are outside these areas.



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## **Auricular Acupuncture for Addictions**

With

**Eleni Fredlund, LMHC, LAc  
Van Warren, DOM**

Public Health Acupuncture  
Of New Mexico



**Dates: June 20-23, 2024**

**9.00am-5.30pm**

**Certified  
Auricular Detoxification  
Specialist Training Program**

**Location:  
TBD  
Gallup, NM**

### ABOUT THE TRAINER



Eleni Fredlund is a NADA Registered Trainer and an Auricular Detoxification Specialist. She has an MS in Pastoral Counseling and is a Licensed Mental Health Counselor at Jemez Pueblo Behavioral Health. She

volunteers as an Emergency Medical Tech/Firefighter for Sandoval County and for the NM state Crisis Support Team. She is also the Unit Coordinator of the NM Integrative Wellness Team, a group of volunteer Acupuncturists and Behavioral Therapists responding to disasters and critical incidents.

### TESTIMONIALS

"Acudetox is a healing method by non-verbal connection that supports all aspects of our body: physically, mentally, emotionally, and spiritually. I highly encourage others to take this course. It is life-changing." Laura Alonzo de Franklin, LMSW, Elder, and Founder of: Kalpulli Teocalli Ollin.

"This training provides you with an indispensable tool to help the people with whom you work in a way that no other treatment can." Jamilah Dixon

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