

ABOUT ACUDETTOX

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

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

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, MS, EMT-I
Nityamo Lian, DOM, MPH

Public Health Acupuncture
Of New Mexico



Dates: Jan 24-27, 2019

9.00am-5.30pm

**Certified
Auricular Detoxification
Specialist Training Program**

**Location:
TBD
Albuquerque/Bernalillo Area, NM**

Public Health Acupuncture of NM
PO Box 35863
Albuquerque, NM 87176

ABOUT THE TRAINERS



Eleni Fredlund is a NADA Registered Trainer and an Auricular Detoxification Specialist. She has a MS in Pastoral Counseling from Loyola, and is a Chaplain, EMT-I and FF for Sandoval County. She teaches EMS with UNM EMS Academy, and is a member of the NM Crisis Support Team.



Nityamo Lian is a Doctor of Oriental Medicine in NM since 1999 and has her Masters in Public Health from UNM. She has worked and volunteered with NM acudetox programs since 2001. She has conducted acudetox trainings since 2007. She is founder and director of the non-profit Public Health Acupuncture of NM which provides more than 7000 acudetox treatments and more than 5000 affordable community acupuncture treatments per year.

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