



PUBLIC HEALTH ACUPUNCTURE OF NEW MEXICO

PO Box 35863
Albuquerque, NM 87176

Ear Acupressure Seeds for Addictions, Anxiety and Stress

with Eleni Fredlund, MS, LMHC, EMT-I and Nityamo Lian DOM, MPH

Friday January 29th 1.00-4.00pm. Class will be held online with Zoom. Class is free with a \$20 material fee.

In this Three Hour Class you will learn the ear acupressure seed technique and point locations for treating addictions, anxiety and stress. Once you have completed the class, you will be able to use your skills immediately with family, friends and your community to help decrease stress anxiety and any symptoms from substance use withdrawal.

This class works best when taught in groups of three: one model, one ear-seeder, and one to critique or discuss point location with. You will all three switch roles throughout the class. Try to find two other people who are interested in learning this and who are preferably members of your own household or people that you see regularly.

We will all wear face coverings during class, even if you are working with members of your household. This is to get you in the habit for when you work on others.

Materials needed per person:

3 oz playdoh or other modelling clay

6+ toothpicks

30+ earseeds – we will send a box of 100 or you can make your own

(5 min Video <https://youtu.be/ZhQClIVcVnl> or handout <https://www.phanm.org/wp-content/uploads/2020/03/Elenis-Ear-Seeds-Beans-and-Ear-Map-2020.4.pdf>)

Tweezers (optional)

We will provide a handout.

You provide your own face covering and hand sanitizer.

Please order supplies at least one week before the class to receive them in time.

Registration Form:

Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone: _____ Check #: _____ Total Amount: _____

Please send check to PHANM, PO Box 35863, Albuquerque, NM 87176 or give us a time to call you to take your credit card.