

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 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 up to 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. PHANM has trained over 150 people in Acudetox since 2006. We use only experienced current or former NADA (National Acupuncture Detoxification Association) -Registered trainers and NM Board-registered supervisors. An in-class practicum can be provided on the fourth day of the training, where students give supervised treatments to their own clients, family, or friends. A forty person supervised internship is required for certification. After training, we support students up until NM certification. Program support is also available. The training cost for the three and a half days includes 3-day hands on and didactic training, half day practicum, material fees, insurance, and support until certification. See registration form for more details. Trainees must wear medical style masks and be fully vaccinated against COVID. If you cannot be vaccinated, please talk to us before registering.

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 and annually thereafter. Trainees are responsible for identifying their ongoing supervisor before taking the training. We cannot be responsible to provide the ongoing supervision after certification. 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 NM state requirements for certification. Your internship supervisor will be assigned. Pre-COVID the internship would take 3-4 sessions of 10 treatments each trainee allowing a minimum of 3 months post-training until state certification. If we go into a COVID spike again, the internships can take a lot longer (up to 15 sessions) and therefore longer up until state certification.



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Auricular Acupuncture for Addictions

With

Nityamo Lian, DOM, MPH

**Eleni Fredlund,
LMHC, EMT-I, ADS**

Public Health Acupuncture
Of New Mexico



Dates: October 3-6, 2021

9.00am-5.00pm Sunday-Tuesday

Wednesday Morning Practicum

**Certified
Auricular Detoxification
Specialist Training Program**

**Location:
Albuquerque, NM**

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 a member of the NM Crisis Support Team. She

recently graduated from the People's Organization of Community Acupuncture school in Oregon.



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.

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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