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## **Auricular Acupuncture for Addictions**

With

**Nityamo Lian, DOM, MPH**

**Eleni Fredlund,**

**LMHC, LAc, Certified ADS,  
NADA Registered Trainer**

Public Health Acupuncture  
Of New Mexico



**Dates: March 25-28, 2023**

**9.00am-5.00pm Saturday-Monday**

**Tuesday Morning Practicum**

**Certified  
Auricular Detoxification  
Specialist Training Program**

**Location:  
Albuquerque, 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 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

## 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/treatments 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 two hundred people in Acudetox since 2006. We use only national NADA-Registered trainers and NM Board-registered supervisors.

After training, we support students up until NM certification. Program support is also available. Training is four days didactic, a 40 patient-treatment supervised internship, material fees, insurance, NADA membership for a year (optional), and support until

certification. See registration form for more details.

*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 supervision 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. You will be responsible for identifying and working with your own supervisor for the internship. There are currently supervisors in Albuquerque, Santa Fe, Española, Shiprock, Jemez Pueblo, and Taos areas. Contact Eleni Fredlund, [eleni@fredlund.net](mailto:eleni@fredlund.net), for a list of supervisors.