

Europæisk NADA-møde 2002 i København.

Internationalt symposium om Øreakupunktur i misbrugs- og psykiatrisk behandling.

Torsdag d. 28 og fredag d. 29 november 2002
St. Kannikestræde 19, København K.

Arrangører Kajsa Landgren og Lars Wiinblad

Det er nu 10 år siden NADA-metoden kom til Europa. Dette års NADA-møde er arrangeret i et samarbejde mellem Sverige og Danmark.

NADA (National Acupuncture Detoxification Association) har siden 1986 arbejdet for at udbrede kendskabet til en standardiseret behandlingsmetode baseret på Øreakupunktur. NADA-akupunktur afhjælper abstinenser og stoftrang samt lindrer stress, angst, søvnproblemer, irritabilitet mm. Metoden anvendes ikke kun i forbindelse med afhængighed. Den benyttes også i fængsler, psykiatriske afdelinger, skadestuer mm. Metoden er billig og uden risici og kan læres og anvendes af behandlere uden medicinsk baggrund. Metoden blev udviklet i starten af 1970'erne i USA og har siden spredt sig til Europa og andre dele af verden. Yderligere information kan findes på hjemmesiden: www.nada-danmark.dk

Dette symposium præsenterer projekter fra forskellige lande. Der er tale om projekter fra meget forskellige grene af behandlingssystemerne. Såvel private som offentlige institutioner er repræsenteret.

Konferencen rummer foredrag og præsentationer af behandlingsprogrammer. Der er rig lejlighed til at få et grundigt indtryk af hvordan metoden kan anvendes. Programmet henvender sig også til personer, som ikke har kendskab til NADA-metoden i forvejen. Der bliver lagt vægt på emner som dobbelt diagnoser, vold og afhængighed.

Konferencesproget er dansk, svensk og engelsk..

Konferencens program var:

Torsdag d. 28. November 2002

- Åbning af konferencen ved Michael Smith, Kajsa Landgren og Lars Wiinblad.
- Foredrag af Psykiater og overlæge Michael Smith (Lincoln Recovery Center, Bronx, N.Y.) om akupunktur ved afhængighed, stresslindring og DAMP.
- Projekter fra Danmark og Sverige. Følgende institutioner præsenterer deres arbejde:
Hedelund, socialpsykiatrisk institution i Greve v. Else Marie Frederiksen.
Vridsløselille Statsfængsel v. O. sgpl. Søren Jensen.
Behandlingsinstitutionen Kongens Ø v. sgpl. Lotte Sælnes.
Aldro Instituttet i Malmø v. Bjørn Trolle.
- Dr. Ralph Raben fra Tyskland om pilot studium med gravide narkomaner.
- Carlos Alvarez (Akupunkturklinikken på Lincoln Hospital, USA) om akupunktur ved akut stress og Post Traumatisk Stress Syndrom samt dobbeltdiagnoser.
- Steve Pinnington og Rachel Peckham (Nada-UK) om acudetox i England.
- Jens Frydenlund (Overlæge og Speciallæge i Psykiatri) om øreakupunktur og sove- og nervemedicin.

Fredag d. 29. November 2002

- Jesse Morgan (leder af Men Services, Lincoln Hospital) om voldsforebyggelse via øreakupunktur og gruppeterapi.
- Dr. Deirdre Trocas (AUS) om Nada i Australien.
- Psykolog Anne Berman (Sverige) om Nada i det svenske fængselsvæsen. Desuden foredrag om motiverende samtaleteknik.
- Dr. Yuri Usenko og Dr. Oleg Piskunov (Rusland) om Nada til alkoholbehandling i Rusland samt rygeafvænning.
- Kajsa Landgren (akupunktør og Nada-instruktør, Sverige) om erfaringer med Nada på psykiatriske afdelinger i Sverige.
- Rapport om Nada i Finland v. Pekka Aarinsalo.
- Sgpl. Bengt Skäremo (Sverige) om erfaringer fra Ängelholm sygehus og misbrugsambulatoriet på Helsingborg Sygehus.
- Lars Wiinblad (akupunktør og Nada-instruktør, DK) om øreakupunktur og angst – et forskningsprojekt i Vestsjællands Amt.
- Paneldebat og afrunding v. Dr. Michael Smith.

Pressemeddelelse forud for konferencen

Redningsfolk i New York fik øreakupunktur som psykisk førstehjælp

Første konference af sin art i Danmark sætter fokus på øreakupunktur Som supplerende behandling af psykiatriske symptomer, Afhængighedstilstande og voldsforebyggelse i bl.a, fængselsvæsenet. I Holbæk starter et videnskabeligt forskningsprojekt den 1. januar 2003.

På St.Vincent hospital i New York blev der efter terrorangrebet på World Trade Center den 11. september i fjor oprettet en klinik, hvor der som psykisk førstehjælp blev givet øreakupunktur til redningsmandskab, pårørende og vidner med angst, chok og søvnbesvær etc.

Hospitalet ligger lige ved siden af ground zero. Resultaterne af denne form for psykisk førstehjælp til ofre for tragedien viste sig at være overraskende gode og vil blive beskrevet på en konference om øreakupunktur til misbrugere og psykiatriske patienter i København den 28. og 29. november 2002.

Konferencen er den første af sin art i Danmark. Den sætter fokus på øreakupunktur efter den såkaldte NADA-model som supplerende behandling af psykiatriske symptomer, afhængighedstilstande og voldsforebyggelse i bl.a. fængselsvæsenet samt på psykiatriske institutioner. Der vil desuden være foredrag om, hvordan øreakupunkter kan anvendes som akut krisehjælp.

NADA (National Acupuncture Detoxification Association) har siden 1986 arbejdet på at udbrede kendskabet til en standardiseret behandlingsmetode baseret på øre-akupunktur. NADA-akupunktur afhjælper

abstinenser og stoftrang samt lindrer stress, angst, søvnproblemer, irriterabilitet m.m.

Metoden blev udviklet i starten af 1970erne i USA og har siden spredt sig til Europa og andre dele af verden. Den er billig og uden risici. Den kan læres og anvendes af behandlere uden medicinsk baggrund. Yderligere information kan findes på hjemmesiden: www.nada-danmark.dk.

I Danmark indledes et videnskabeligt forskningsprojekt med øreakupunktur den 1. januar 2003 på børne- og ungdomspsykiatrisk afdeling på Holbæk Sygehus. Der er tale om et kontrolleret forsøg, som er godkendt af den videnskabetiske komite. Alle deltagere scores ud fra den internationalt anerkendte Hamilton-skala før samt efter tre og seks måneder efter behandlingen.

100 unge i alderen 18 til 30 år vil deltage i projektet. Der gives øreakupunktur til testgruppen, mens kontrolgruppen får øreakupunktur på andre punkter. Læger, sygeplejersker og psykologer deltager i forsøget.

På konferencen i København præsenteres forskere og behandlere fra adskillige lande og projekter fra meget forskellige grene af behandlingssystemerne. Fra dansk side vil der være oplæg bl.a. fra Vridsløselille Statsfængsel og behandlingsinstitutionen Kongens Ø. Begge steder anvender man NADA-akupunktur.

Et udvalg af konferencens indlæg (abstrakts):

Dr. med. Ralph Raben, Tyskland

Experiences in the treatment of pregnant drug-abusing women

Abstract

One stress of our clinic from 1987 up to now is to look after drug-abusing pregnant women. We treat these patients during their pregnancies and try to continue treatment after childbirth for months and often for years when they come mostly together with their babies and children.

Within that 15 years we looked after about 400 of these patients.

From 1987 to 1994 we used only medication (methadone, benzodiazepines, antidepressives) to reduce illegal drug-abuse and to reduce harm in that dangerous lifestyle when future mothers were using heroin, cocaine, crack etc.

From 1994 we started to offer our patients daily NADA treatment in addition or instead of medication. We are a team of two licensed acupuncturists (Gynecologists) and 3 nurses with NADA Zertifikat. We work together with a network of psycho-social rehabilitation and therapists and with a gyn.-obstet. Department of a governmental hospital. But we have no self help groups for heroin-, methadone- or cocaine-user supporting their people to stay clean or sober.

During the first five years after starting with ear-acupuncture (94-98) we observed more systematically these patients, the development of their pregnancies, their psycho-social situation, the fetal outcome, the mothers with their babies and children.

We give here a report about our experiences in the treatment of 102 drug-abusing pregnant women. And we compare the outcome (94-98) with that in the time before ear-acupuncture (87-94) was performed.

Our report is not a scientific research study, it is not controlled, not blind, it refers some data and our experiences and clinical impressions.

Results

NAS (**N**eonatal **A**bstinence **S**yndrom) is a severe disease what is treated by a neonatal intensive care unit for 1 to 6 weeks. Such newborns get typically a heavy medication in the beginning of their lives with opiates or barbiturates.

Here we look only at the condition of the babies in the neonatal period and we register a big difference between newborns of mothers who got acupuncture treatment during pregnancy (more than 3 treatments) and such who got only medication (0-3 treatments). Both groups of mothers were offered also psycho-social rehabilitation and all came to typical obstetrical care and consultation, ultrasound and typical tests during pregnancy. They had all their childbirth in a specialised obstetrical department of a governmental hospital.

From 102 drug-abusing pregnant 59 came for more than three NADA Treatments (1.group) and 43 came not to acupuncture or had less than four treatments (2.group).

35 of the 43 newborns (2.group) suffered and must be treated for two to eight weeks (=81%) due to severe NAS. Only eight infants (=19%) didn't need a medication for NAS Treatment.

From 59 babies of the acupuncture group (1.group) had only 20 a medication because of severe NAS (=34%). But 39 newborns did not need medicine and leaved the hospital after a short time of observation (=66%).

During the seven years without ear-acupuncture (only medicine) we saw that about 80 % of our pregnant patients got children who needed mostly intensive care after birth and medicine for two weeks to three months because of heroin-using or methadone-medication in pregnancy. The results were the same like in the group 2 of the 43, who had no regular acupuncture treatment.

Patients who came to acupuncture seem to differ in some characteristics from those who came not. One of these characteristics is a high dose of medicine (methadone, more than 50 mg/day).

During the Conference we may discuss about differences, effects and outcomes and motivation to acupuncture treatment.

Acudetox in state prison Vridsløselille.

By chief nurse Søren Jensen

The State Prison in Vridsløselille is the largest locked ward prison in Denmark with room for 224 male inmates. Sentences being served in Vridsløselille range from a few months to life and preventive detention.

There is a treatment facility for abusers with room for 30 managed by Minnesota therapists.

NADA has been used for approximately 3 years in this facility giving 20-30 treatments a week. In the remaining parts of the prison treatments with NADA or other ear acupuncture it offered under approval of the medical team as an alternative to the traditional medical treatment.

Case 1: NADA

27 male, youngest of 2 brothers, grew up in a home marked by violence and abuse, started abusing drugs in his early teens, several convictions/conviction under treatment for drugs, stealing, robbery, carrying an illegal weapon, violence. Unemployed since 1994 due to an increasing drug abuse. Served 1 year in Vridsløselille before his release. Was strongly deviant in behaviour, outward projective, threatening and pleading for medicine. Under treatment with methadone and benzodiazepines. Side abuse of heroin and cocaine. Released drug and medicine free with restrained and improved social behaviour. No relapse into crime.

Case 2: Other ear acupuncture

35 Palestinian male. Has been a member of PLO and fought as a children's soldier, has seen friends and family be killed, been exposed to physical as well as psychological torture. Symptoms of post traumatic stress. After approximately 20 treatments the patient expresses psychological well-being, steady sleep and good relaxed social interaction.

Dansk resume.

Statsfængslet i Vridsløselille er Danmarks største lukkede fængsel med plads til 224 mandlige indsatte. Straffene som afsones i Vridsløselille er fra få måneder til livstid og forvaring.

Der findes en misbrugs-behandlingsafdelingen med 30 pladser, hvor behandlingen varetages af Minnesota – behandlere.

NADA er blevet anvendt i ca. 3 år på misbrugsbehandlingsafdelingen og der udføres 20 – 30 behandlinger om ugen.

I det øvrige fængsel tilbydes - efter konference i læge- / sygeplejersketeamet - NADA eller anden øreakupunktur som alternativ til de traditionelle medicinske behandlingstilbud.

Case 1: NADA

27 - årig mand, yngste af to brødre, opvokset i et hjem præget af vold og misbrug, debuterede med misbrugsstoffer i den tidlige teenage-alder, flere domme / behandlingsdomme for narko, tyveri, røveri, våbenloven, vold. Arbejdsløs siden 1994 pga. accelererende stofmisbrug.

Afsonede 1 år i Vridsløselille inden løsladelsen. Fremtrådte stærkt karakterafvigende, udadprojicerende, truende og medicinplæderende. I behandling med metadon og benzodiazepiner. Sidemisbrug af heroin og kokain.

Løslades stof - og medicinfri, med afdæmpet og forbedret social adfærd. Intet recidiv til kriminalitet.

Case 2: Anden øreakupunktur.

35 – årig palæstinensisk mand. Har været medlem af PLO og kæmpet som børnesoldat; har set venner og familiemedlemmer blive dræbt; været udsat for såvel fysisk som psykisk tortur.

Symptomer på posttraumatisk stress.

Efter ca. 20 behandlinger angiver patienten psykisk velbefindende, god søvn og god afslappet social kontakt.

Øreakupunktur til psykiatriske patienter. Et forskningsprojekt ved ungdomspsykiatrisk afdeling på Holbæk Sygehus.

Af Lars Wiinblad, sygeplejerske, akupunktør og Dansk Nada-instruktør.

Øreakupunktur efter Nada-modellen (acudetox) blev introduceret på Amtshospitalet i Nykøbing Sjælland (ANS) i 1998 som det første sted i Danmark. De første Nada-kurser startede her i januar 1999. Siden har Nada-modellen spredt sig til mange private behandlingssteder samt offentlige institutioner og psykiatriske afdelinger i Danmark.

Erfaringerne i psykiatrien har været, at acudetox har vist sig som et godt supplement i behandlingen. Patienterne har fremhævet den angstdæmpende- og søvnstabiliserende effekt samt en klar virkning på motorisk og fysisk uro. En spørgeskemaundersøgelse i 1999 på ANS viste, at mere end 90 % af patienterne fandt, at øreakupunktur havde en positiv effekt. Acudetox har med succes været anvendt i psykiatrien i forbindelse med psykologsamtaler og terapi, ved fobitræning, til udtrapning af Benzodiazepiner, til at lindre angst og dæmpe aggressiv adfærd. Acudetox har været givet til aggressive, angstede og abstinente patienter f. eks. medens de var fixerede. Vi har set en positiv effekt af såvel akupunktur nåle som brug af magnetiske kugler-plastre. For patienter i langtidsbehandling har den angstdæmpende og stabiliserende adfærd været tydelig. Genindlæggelserne er faldet markant og adskillige patienter er begyndt at foretage sig ting, de ikke har gjort i adskillige år – f.eks. handle ind på egen hånd.

På baggrund af disse erfaringer har Holbæk Sygehus besluttet at lave et kontrolleret forskningsprojekt. Målet er at dokumentere acudetox' angstdæmpende virkning. Forsøget starter i januar 2003.

Testpersonalet består af en gruppe læger og psykologer under ledelse af overlæge Susanne Gydesen. Klinikerne ledes af Lars Wiinblad.

100 personer mellem 18 år og 30 år skal deltage. Forsøgspersonerne skal initialt score mindst 15 point på Hamilton-skalaen (middelsvær angst). De vil blive randomiseret i to grupper. Personer der er i behandling med psykofarmaca, er psykotiske eller er i psykoterapeutisk behandling vil blive ligeligt fordelt i forsøgs- og kontrolgruppen. Forsøget vil være blindt for testerne og forsøgspersonerne.

Der gives øreakupunktur i otte uger to gange om ugen. Kontrolgruppen vil få shamakupunktur. Punkterne findes med punktoskop. Forsøgsgruppen vil bære magnetiske kugleplastre på Shen Men og Hjerter mellem behandlingerne. Kontrolgruppen vil bære stålkugler på shampunkter.

Alle vil blive testet efter Hamiltons angst og depressionsskala and GAF (Global Assessment of Functioning Scale, DSM 4). Testningen vil foregå før behandlingen påbegyndes, efter tre måneder og efter seks måneder.

Projektet forventes at løbe over et år.

Auriculotherapy (ear acupuncture) for Psychiatric Patients

A research project at the Youth Psychiatry Ward of Holbæk Hospital

By Lars Wiinblad, Nurse, Acupuncturist, and Danish Nada Instructor

Acupuncture of the ear (auriculotherapy) according to the Nada model (acudetox) was first introduced in Denmark in 1998 at the regional hospital in Nykøbing Sjælland (ANS). The first Nada courses began there in January 1999. Since then, the Nada model has spread to many private treatment centers as well as public institutions and psychiatric wards in Denmark.

The experience in psychiatry has been that acudetox has shown to be a good supplement in treatment. Patients have felt an increased anxiety-relieving and sleep-stabilizing effect together with a distinct effect on motoric and physical discomfort. The results of a survey done at ANS in 1999 demonstrated that more than 90% of patients reported a positive effect from acupuncture of the ear. Acudetox has

been successfully used in psychiatry in connection with and therapy, phobia training, withdrawal symptoms from Benzodiazepines, anxiety relief, and reduction of aggressive behavior. We have seen a positive effect with the use of acupuncture needles as well as use of magnetic patches. For patients in long-term therapy, the anxiety-reducing and behavior-stabilizing effects have been clear. Re-admission has fallen noticeably, and many patients have begun to show interest in things which they have not done in years, such as shopping by themselves.

With this experience as a background, Holbæk Hospital has decided to conduct a controlled research project. The goal is to document Acudetox's anxiety-reducing effect. The research is scheduled to begin in January, 2003. The test team consists of a group of doctors and psychologists under the direction of Susanne Gydesen, Consulting Doctor. The clinicians will be led by Lars Wiinblad.

One hundred (100) persons between the ages of eighteen (18) and thirty (30) shall participate. Participants must initially score a minimum of 15 points on the Hamilton scale, corresponding to a moderately severe anxiety. They will be randomized in two (2) groups: persons who are in treatment with psychopharmaceuticals, are psychotic, or are in psychotherapeutic treatment will be evenly represented in the research and control groups. Testing will be blind to both the staff and the participants.

Acupuncture of the ear will be performed for eight weeks with a frequency of two times (2x) per week. The control group will receive sham-acupuncture. The points will be found using an agiscop. The research group will wear magnetic patches on the Shen Men and the Heart between treatments. The control group will wear steel balls on the sham-acupoints. All participants will be tested according to Hamilton's anxiety and depression scale and GAF (Global Assessment of Functioning Scale) DSM4. The testing will take place: prior to the start of treatment, after three (3) months, and after six (6) months. The project is expected to run over one (1) year.

Berman, Anne H. & Lundberg, Ulf (2002) "Auricular Acupuncture in Prison Psychiatric Units: A Pilot Study" *Acta Psychiatrica Scandinavica* 2002:106 (Suppl. 412): 152-157.

Abstract

Objectives: The study explores whether auricular acupuncture can be a viable treatment form for inmates in prison psychiatric units. **Method:** Inmates in a prison psychiatric unit and in a support unit for violent behavior were offered group treatment with auricular acupuncture three times a week over a period of nine months. Another prison psychiatric unit served as a control group. **Results:** Twenty-two inmates received treatment, eleven for over eight weeks. Cortisol levels were higher for inmates in the support unit than for the other two groups. Inmates treated at least 25 times were prescribed fewer psycholeptic drugs than controls. Perceived autonomy increased for treated inmates in the psychiatric unit. Inmates treated for over eight weeks experienced improved inner harmony and calm and better clarity over future plans. **Conclusion:** Acupuncture is a non-verbal form of treatment appropriate for prison psychiatric units. The treatment facilitates contact and complements other psychosocial treatment forms.

Abstract form

Title: COMPARISON OF ACUPUNCTURE AND MEDICATION IN RECOVERY TREATMENT OF THE ALCOHOLIC PATIENTS.

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Abstract text:

Objectives.

In a randomized trial of an acupuncture and medication treatment on a group of 35 chronic alcoholics have been shown efficiency of both methods in improving of parameters of attention, memory and an emotional status of patients.

Methods.

It has been studied dynamics of the separate forms of memory (short-term, long-term, process of consolidation) and attention (concentration and intensity of attention) before and after treatment. There were selected for the study 35 chronic alcoholics, men in the age of 24-60 years. They were randomized in to two groups: the first (I), 20 men, received standardized ear acupuncture treatment (using points: the Shen-Men, "sympathetic", "kidney", "liver", "lung"). Treatments were administered without manual or electrostimulation and lasted 45 minutes. The second group (II), 15 men, received medication therapies: Pyroxanum, Pyracetatum, multi-vitamins.

Results.

Both groups demonstrated increase of parameters of attention, except for one describe accuracy of work. Both kinds of treatment did not influence short-term memory, but improved long-term memory and process of consolidation ($p < 0.05$). General activity and mood in both groups were authentically improved ($p < 0.01$).

Conclusion.

The comparison study has shown, that acupuncture is not less efficient than medication treatment. On a number of parameters (consolidation of memory, speed of processing of the information) acupuncture treatment was more efficient, than medication.

NADA SUOMI/FINLAND

Pekka Aarminsalo (Nada Finland)

The use of acudetox began in Finland in Helsinki Youth Clinic in 1991. Nada protocol training was started in 1996 and since then more than 700 people have been trained. NADA Finland was established in 2000 and the association has now 170 members.

Last year the National Research and Development Centre for Welfare and Health made an inquiry about the methods used in Finnish substance abuse treatment clinics. The answers were got from almost all of the clinics in Finland. According to this inquiry in 72 of 109

outpatient clinics acupuncture was in use. The numbers of inpatient clinics – detox units and rehabilitation centres – were 54 of total 78. In addition to this there are some prisons and psychiatric hospitals where acupuncture is also in use.

So acupuncture is quite well-known method in Finland, but still in many places it is in the margin of the treatment practice. If we think that the main goal in the treatment is to help our clients to find their own power and resources, then acupuncture is one of the most important methods we have. Our goal in Nada Finland is to get acupuncture more and more to the core of the treatment practice.

Oplæg om acudetox til dobbeltdiagnosepatienter i socialpsykiatrisk botilbud .

Ved Helle Clemmensen og ElseMarie Frederiksen.

Hedelund er et socialpsykiatrisk bo- og arbejdstilbud under familie og arbejdsmarkedsforvaltningen i Københavns kommune, beliggende i Greve syd for København. Adr. er Hedelunden 7, 2670 Greve. Der bor ca.170 beboere fordelt i 4 teams. Der er 11 huse og hertil er der tilknyttet bofællesskaber og solistboliger.

Husene er inddelt efter følgende målgrupper:

- Botilbud hvor vi arbejder hen i mod en udslusning til mere selvstændig boform.
- Beboere med et misbrug af hårde stoffer.
- Beboere med et blandingsmisbrug f.eks. alkohol og hash.
- Ældre sindslidende.

Af behandlingstilbud kan nævnes:

Acudetox.

Psykologer, individuel og gruppeterapi.

Psykiater, herunder medicinsk behandling.

Miljøterapi.

ADL.

Det vi ser og oplever efter at Nada er kommet ind som et behandlingstilbud på Hedelund:

Beboerne er meget glade for det, ligeledes er deres pårørende.

Det har en afslappende virkning på beboerne, og dermed et bedre arbejdsmiljø for personaler.

Det at det er brugerstyret betyder VIRKELIG en positiv forskel jævnfør andre behandlingstilbud.

P.N. medicin er faldet med op til 26 % hos en gruppe med angstlidelser.

Det giver en lindring af abstinenser.

Beboerne oplever at der er et håb for dem og de får et større psykisk og fysisk overskud..

Det forebygger indlæggelse.

Det har en smittende virkning, flere og flere ønsker at få et behandlingstilbud med Nada.

Ja det var nogle af herlighederne, det er helt utroligt hvor god en effekt vores beboere har af det.

Jeg kan desuden ikke undlade at fortælle dig at vi har "Øvet" os på vores kollegaer det har især drejet sig om depressioner, angst, søvnproblemer, rygning, vægtreduktion. Også dette har været med en god virkning.

English summery.

Hedelund is a social psychiatric offer of housing and work under The Family- and Labour Market Administration in Copenhagen Municipality, located in the city of Greve south of Copenhagen. The address is Hedelunden 7, 2670 Greve.

There are about 170 inhabitants divided in 4 teams. Hedelund has 11 houses connected with multi-occupied houses and homes for singles. The houses classifies on the following target groups:

Halfway houses, working towards individual housing.
Inhabitants abusing hard drugs.
Inhabitants with mixed abuses – i.e. alcohol and marihuana.
Elderly mentally ill people.

Offers of treatment:

Acudetox.
Psychological treatment, individual and group therapy.
Psychiatric treatment, including medical treatment.
Environmental therapy.
ADL

After NADA has come available as an offer of treatment our experience at Hedelund is the following:

1. Inhabitants are very happy for NADA, as are their relatives.
2. NADA has a relaxing effect on the inhabitants, which hereby results in a better working environment for the employees.
3. The fact that the treatment is controlled by the treated REALLY makes a positive difference compared to other offers of treatment.
4. In a group suffering from anxiety the use of P.N. medicine has decreased with up to 26% resulting in a decrease in abstinences.
5. Inhabitants experience that there is hope, which gives them increased psychological and physical energy, which again prevents hospitalization.
6. The positive results catch on and more and more want to get an offer of treatment with NADA.

It is amazing how good an effect NADA has on our inhabitants.

Abstract for our talk on the 28th, 2002 in Copenhagen:

Steven Pinnington and Rachel Peckham, NADA-trainers, UK

Acudetox in the UK.
Overview of Acudetox Training in the UK.
Variety of different Projects/Agencies currently using Acudetox as part of their treatment programme.
ie; Drug/Alcohol Projects/Agencies, Dept. of Psychiatry, NHS Trusts.

Reports on The Core Trust and the Providence Project

Coping with annual reassessments of NADA Practitioners.

We will talk about the way in which we individually run the NADA workshops; although the content is the same, the structure of the training is different.

