

Program for the NADA Conference 2018

Torsdag the 6th. of September

Kl. 10 Welcome

v. Mette og Lars Wiinblad, NADA-Denmark, Sara Bursac, NADA-USA.

Hosts and chairman of the conference: Camilla Ottesen and Steen Engelbrecht.

Kl. 10.20 Substance Abuse Treatment

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| Michael Gerlak Christensen, DK | A Personal Story of Addiction, Recovery and the NADA Protocol. |
| Rita Nilsen, NADA-Norway. | NADA in Norway and in substance abuse treatment - The ACTA Program. |
| Wolfgang Weidig, nurse., Germany | Acupuncture Based Program for Addiction Through 25 Years. |
| Amanda Juul Bredal og Pernille Taulund, DK | A Private Program – NADA as a Therapeutic Method in a Group Setting Treating Addiction. |
| Inge Hansen, social adviser, DK | Stofrådgivningen, A Public Substance Abuse Program in Copenhagen. |
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Kl. 11.50 Short break

Kl. 12.05 Studies. Cancer and pain management.

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| Beverley de Valois, Ph.D., GB. | Prostate Cancer and Breast Cancer - Two Studies. |
| Miriam Flyckt Fischer, nurse, DK | The NADA protocol as a complementary method on a pain clinic. |
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Kl 12.35 Lunch

13.40 PTSD and Trauma

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| Peter og Jannie Kristensen, DK | A Veteran Suffering from PTSD Talks About How the NADA Protocol Supports Empowerment. How She Uses the NADA Protocol to Reduce Her Husband's Symptoms from PTSD. |
| Linda Dichow Kaas, administrator, DK | The NADA Protocol in a Women's Shelter. |
| Janet Paredes, NADA-Philippines | Addiction, Disaster, and Trauma Survivors. |

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| Ryan Bemis, L.Ac, NADA Trainer, USA | Mexico and the Border Project. |
| Ketan Ram, L.Ac., USA/Kenya | Prison and Rehab Programs in Nairobi. |
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15.10 Break

15.40 Simplicity and Diversity

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| Pia Aaes og Gerda Rosenlund Egedorf, nurses., DK | Hospice and Palliative Care.on Hospice Sydfyn. |
| Sara Heldgaard Hansen, sgpl., DK | Clinic for Suicide Prevention, The NADA Protocol in Therapy. |
| Maria Durhuus, nurse., DK | A Prison Program for Reducing Stress and Benzodiazepines. |
| Sille Richter Hansen, midwife., DK | Holstebro Center for Substance Abuse – Reducing Drugs and Medication During Pregnancy. |
| Natasha Neben, midwife, Germany | The NADA Protocol During Pregnancy and Magnetic Beads to Small Children. |
| Ralph Raben, MD, Germany | NADA in Medicine - NADA as a "lesson". Experiences through three decades. |

Kl. 16.55 Summary

18.30 Conference dinner on restaurant “Carpe Diem” (to be booked in advance)

Fredag the 7th. of September

Kl. 10.00 Welcome back

Lars Wiinblad, NADA-Denmark. Reflections on NADA after two decades in Denmark.

Kl. 10.10 NADA activism and community settings

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| Beth Cole and Megan Yarberry, R.T., L.Ac. and activists, USA | NADA i Congo samt som akut indsats i Florida og Puerto Rico. |
| Pia Gommesen, nurse., DK | Social work and community settings. A project in Køge kommune. |
| Wendy Henry, R.T., L.Ac.and activist, USA | NADA as First Aid in Puerto Rico and elsewhere. |
| Rachel Peckham, R.T. L.Ac., UK | NADA in Mosques in London. |
| Bente Pedersen, sygeplejerske, R.T., nurse, DK | NADA-Silkeborg. Community Settings - Bringing the NADA Protocol to People. |
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11.40 Short break.

11.55 Study

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| Ken Carter, MD, USA. | NADA Ear Acupuncture: An Adjunctive Therapy to Improve and Maintain Positive Outcomes in Substance Abuse Treatment. |
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12.55 Lunch

13.45 Psychiatry

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| Vicki Kruse, DK | Reducing Symptoms from Bipolar Disorder by Yourself Using the NADA Protocol. A personal story. |
| Tatjana Prentice, MD and Frank Tesch, nurse, Tyskland | The Impact of the NADA Protocol on Psychiatric and Addict Inpatients and the Impact on the Work of Psychiatric Nurses and Doctors. |
| Merete, DK | Anxiety, the NADA Protocol Promote the Effect of Therapy and Empowerment. |
| Libby Stuyt, MD, USA | The NADA Protocol and Borderline Personality Disorder. |
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15.00 Break

15.30 School, Education, and Family Programs

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| Sarah Andersen, Parent, DK. | ADHD, How You as a Parent Can Help Your Children with the NADA Protocol. |
| Heidi Bech Andersen, Teacher, DK. | The NADA Protocol in Education, Substance Abuse and more. |
| Gry Bastiansen, Ped. Spec., DK. | The NADA Protocol as a Pedagogic Tool in Public School. |
| Peter H. Sonne, Social Education Worker, Brøndby kommune, DK. | Reaching Young People, Anger Management and Education Using the NADA Protocol. |
| Mohssin Arrakha, Mentor, DK. | The NADA Protocol in Programs Helping Gang Members out of Crime and Violent Behavior. |
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16.45 Closing Speac

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Sheila Murphy, Judge, USA.

International NADA- Conference 6.-7. September 2018

PROGRAMME

Introduction: Mette and Lars Wiinblad, NADA-Denmark, Sara Bursac, daily head of the NADA- office, USA

Hosts and chairman of the conference: Camilla Ottesen and Steen Pilgaard Engelbrechtsen, DK

Guest of honour: Sheila Murphy (prof. and judge), USA

Panel 1 – Addiction

Michael Gerlak Christensen, DK

A personal story of getting out of addiction by the help of NADA among other things. Today Michael Gerlak Christensen works in Kirkens Korshær in Randers in a shelter and in a hostelry where he offers NADA.

Rita Nilsen, Norway-NADA

Substance abuse treatment and the ANTA – programme.

Rita Nilsen is the leading figure of NADA-Norway. She originally started The Retreat in Oslo. Since then she has been working with structured guidance- and motivation for addicts, anger management, treatment in prisons and groups for men. Today Rita works in NADA-Norway.

Rita Nielsen developed the ANTA-programme from what she was missing in her own recovery- and treatment process.

Wolfgang Weidig, Germany

NADA in medicine-free treatment during 25 years.

Wolfgang Weidig is a special psychiatric nurse. He has been working with addiction since 1978. Wolfgang was associated with Fachclinic Bokholt near Hamburg when the clinic in 1991 started an acupuncture-based treatment programme and pilot project. The experiences from this was the direct cause that NADA-Germany was created.

Wolfgang Weidig's lecture will summarize 25 years of experience based on more than 17.000 patients Fachclinic Bokholt has through all these years detoxified addicted clients more or less without any use of medicine. Everybody gets NADA twice a day for 12 days together with therapy and a few additional acupuncture points in the acute phase. The Programme is still successful. About 88% stays in treatment. Some patients are offered a following three-month rehabilitation programme.

Inge Hansen, DK

The guidance-centre of Frederiksberg commune.

Inge Hansen is a social advisor in the guidance centre where she has been using NADA for 17 years.

Inge Hansen will present to you the frameworks and methods of the guidance-centre. She will also tell you what it means to a group of staff to receive a longer NADA-course. The centre works with different addictive drugs (hash, cocaine, alcohol, heroin ...)

Inge Hansen will focus on NADA's function as a complementary strategy in the treatment when NADA is offered from the start of the course 2-3 times a week combined with conversations. Clients describe among other things a better pattern of sleep, more ease, less excessive thoughts, better overview and larger mental stability. Many clients describe NADA as promoting resources, feeling stronger, capable of changing routines and looking after themselves and their relations. To some NADA is a social community and an important break of 45 minutes in a stressing day.

Amanda Juul Bredal and Pernille Taulund , DK

The Portal of abuse.

The Portal of abuse is a private offer in Copenhagen. Amanda will describe the work here where NADA is a structured group-based therapeutic method. NADA initiate group- as well as individual conversations. NADA can be given daily when needed. The Portal of abuse has some social and treatment related offers including advice on the phone The Portal of abuse has a big group of volunteers working there. Many of these are NADA-certified.

Panel 2 – NADA-activism

Beth Cole and Megan Yarberry, USA

NADA in Congo as well as by the hurricanes in Florida and Puerto Rico 2017.

Megan Yarberry and Beth Cole have been working together with several international NADA-based help-programmes.

Megan Yarberry is an acupuncturist and NADA-trainer. She has for many years been working with NADA and with education of local social-workers in the high-risk areas in connection with natural disasters or war e.g. in Africa and Haiti.

Beth Cole is an acupuncturist and NADA-trainer too. She has been working with NADA in disaster areas in Africa, Puerto Rico and Nepal among other places, and she has been supporting her local area in the States with NADA-activities.

Wendy Henry, USA

NADA as first aid at acute crisis- and trauma effort in Puerto Rico and other places.

Wendy is a NADA-trainer and an acupuncturist. She will give a description of some of the NADA-efforts she has been involved in.

Wendy Henry works daily with NADA, harm reduction and does a social effort in New York. She has been taking part of the NADA-programmes 9/11, the Sandy hurricane and much more. Three years ago she was in Puerto Rico to educate NADA-practitioners in connexion with natural disasters. She also went there in connexion with the hurricanes in the beginning of 2018. In 2017 she went to Berlin to give NADA to refugees.

Rachel Peckham, GB

NADA in the Al Manaar mosque in London.

Rachel is a NADA-trainer and an acupuncturist. She has been working with rehabilitation and NADA since 1994 and been training NADA-practitioners since 1999. Her job has been taking place in rehabilitation-centres, prisons and schools.

She will present some new initiatives which NADA-GB is involved with e.g. NADA in jobs, healthcare and the effort earlier mentioned in the Al Manaar mosque in 2017.

Pia Gommesen, DK

Residential social work with NADA.

Pia Gommesen is a nurse with a diploma in health-communication. She is employed in "You, well-being and health" as a residential social effort in Køge commune. She offers NADA in 4 different housing areas as part of this effort. This is primarily a day thing so the project therefore attracts citizens who are not on the labour market. The citizens respond positively to NADA. Part of the programme is documented via WHO 5.

A group of the citizens has completed a NADA – course arranged locally by the commune. The plan is that these people are going to help maintain the NADA- offer in the future on a voluntary basis.

Bente Pedersen, DK

NADA in the local society – NADA-Silkeborg.

Bente Pedersen is a psychiatric nurse and NADA-trainer. She has for years been head nurse and the front figure in introducing NADA in psychiatry in Silkeborg.

Bente Pedersen was the initiator to NADA-Silkeborg which was founded because citizens who had good experiences with NADA, asked for a cheap NADA offer as a supplement to the public effort.

NADA-spirit is the reason that 20 NADA-practitioners voluntarily twice a week for more years have offered NADA to all citizens for a symbolic pay.

Bente Pedersen is the chairman of the union of volunteers called NADA-Silkeborg. She will tell us about the beginning of this union as well as which citizens use the NADA-offer.

Panel 3 – PTSD, crisis and trauma effort

Peter, DK

Peter is a veteran who suffers from PTSD. He will tell us how NADA has been an important supplement to make Peter ready to receive treatment and therapy. Before NADA the PTSD-clinic told him that they couldn't help him. After NADA that changed.

Jannie Kristensen, DK

Jannie is married to Lars who as a veteran of war – and he also suffers from PTSD. She will tell about how relations by using NADA very easily can help to change everyday life for family-members that suffer from stress.

Linda Dichow Kaas, DK

NADA in a crisis centre for women.

Linda is the managing director of a woman' crisis centre in Lyngby near Copenhagen. She is going to tell us how NADA can help these women who seek help, protection and support in the centre.

Janet Paredes, the Philippines

Acute crisis- and trauma effort after natural disasters.

Janet is a NADA-trainer and an acupuncturist. She founded NADA-Philippines after a stay in Lincoln Recovery centre in 2006. She has for 10 years been the front-figure of a row of acute NADA-efforts – e.g. in the health-system, in slum areas, help to addicted people and not least after the attack of a typhoon. Recently NADA-Philippines have been involved in acute help to victims of the volcanic eruption on Mayon. Janet and her staff go to the affected areas, give NADA as an acute crisis treatment and then prioritize educating local NADA – practitioners so that help is near and permanent.

Ryan Bemis, USA

NADA in Juarez, Mexico and The Border Project.

Ryan Bemis is a NADA-trainer and an acupuncturist. He is the founder of the Border Project. The project works with people who suffer from PTSD – preferably veterans of war. He has been involved in a lot of programmes for original people in Mexico and the southern part of the USA. Every day he does social work in Crossroads Community Supported Healthcare where NADA is a part of the activities. Ryan has for several years offered acupuncture in the churches of Juarez. Here a significant part of the population is directly affected by the violence that is the result of trade with humans and drugs. Part of this job also has focus on educating the local activists and social workers so that they can carry on giving NADA in the area.

Ketan Ram, USA/Kenya

Rehabilitations- and prison programmes in Nairobi.

Ketan Ram is an acupuncturist, NADA and Qi Gong instructor. She has been working in Kenya since 2007. She is part of a rehabilitations programme for drug addicts in Nairobi. Ketan Ram will describe 10 years of experiences from various programmes and initiatives in Kenya. She has been working in prisons and with abuse treatment as well as making a social effort in the slum areas where she has educated nuns to give NADA.

Ketan Ram is offering a Qi Gong instruction Friday morning at this conference – the second day – before the conference starts.

Limited space - therefore registration is recommended.

Panel 4 – Simplicity and Diversity

Pia Aaes and Gerda Rosenlund Egedorf, DK

NADA in hospice.

Pia Aaes and Gerda Rosenlund are both of them nurses on Hospice South Funen. They will tell us about implementing NADA in hospice as well as about their experiences with NADA in palliative work during the 3 years Hospice South Funen has been offering NADA. Focus will among other things be on stress-reduction, motor disorder and anxiety. They will also tell about how NADA can help preparing the patient and the relatives for the end of life and make the hard conversations easier.

Sara Heldgaard Hansen, DK

NADA and prevention of suicide

Sara Heldgaard Hansen is a nurse on the Clinic for prevention of suicide in Herning. The Clinic works medicine-free. Here NADA is used as a supplement to conversations and therapy. NADA is registered and symptom-scored. She is going to tell about the results and about NADA's positive influence on the therapeutic treatment.

NADA is used for acute situations when symptoms are aggravating, together with preliminary conversation and during the treatment process. Magnetic pellets may be used as a strategy to divert the client from suicidal thoughts.

Maria Durhuus, DK

Probation Service - NADA in Køge prison.

Maria Durhuus is a prison-nurse and specially trained psychiatric nurse. She knows about drug-treatment, and she has focused on bringing down the use of especially benzodiazepines in the prison.

” When I am so happy about the NADA-method, it is because it is the only tool that I in my professional life have had that works across everything. You can use it everywhere and to everybody.”

Ralph Raben and Natasha Neben, Germany

NADA in general medicine – NADA in pregnancy

Experiences with our clinic and NADA Germany: We changed our attitudes.

NADA is like a school to us all. From reduction of symptoms to cultivating inner resources.

Ralph Raben is a gynaecologist and the cofounder of NADA-Germany.

Ralph Raben will discuss experiences from 3 decades with NADA and divide the historic process into 4 parts:

1. 1993 start with addiction: NADA ear acupuncture started in Germany as a new fascinating non-drug treatment for drug addicts (see Wolfgang Weidig) and trained hundreds of detox-facilities.

1997 to 2018 Obstetrics/Neonatology. NADA-protocol was one stress in our clinic in Hamburg-Altona on drug addicted pregnant and their children. It was an effective, accepted and suitable treatment for about 500 women and their children in 20 years. NADA changed our behaviour.

2. 1999 NADA Germany expanded their trainings. Learning from patients that the protocol improved patient's behaviour, nurses and doctors were encouraged to introduce NADA for staffs in psychiatry, in- and outpatients. Non-medical professionals were encouraged to learn NADA for community acupuncture and from 2015 for refugees.

3. 2003 OB/Gyn/General medicine. The observation that NADA has a universal effect led us to the expanded use for patients with any kind of complaints in medicine, depression, cancer, stress and trauma.

4. „NADA is a school and it's an inside job“. That's what Michael Smith taught us many years before. It's more than an ingenious and simple treatment method for a doctor, a nurse or social worker. It's a school for both: staff and patients.

As a doctor I learned which power is in a weak human being. That makes me more confident and courageous in my profession.

Patients learn what skills are inside them and get confident with themselves. They thank with coming again.

Natascha Neben is a nurse and a midwife. She has been using acupuncture for infants since 2006. Natascha works with treatment of families, and she makes a social effort in Hamburg focusing on pregnant women and vulnerable families. In 2014 NADA became an important part of her toolkit as a relationship building-method for strained families as well as for helping any citizen to handle stress, violence, traumas, crisis and anxiety.

“I love to have NADA as part of my toolkit. It's so effective in many aspects and yet so simple. “

Natascha Neben works with refugee-families and very little kids and infants too. Here she also uses magnetic pellets. Natascha Neben will describe the 4 years she has been working with NADA treating families among other things focusing on how professionals can make the NADA-method simple, and how you can reach people of various cultural backgrounds using magnetic pellets as a supplement too.

Sille Richter Hansen, DK

Abuse-team Holstebro.

NADA for pregnant women with drug- and medicine addiction. Medicine - and drug reduction during pregnancy.

Sille Richter Hansen has 20 years of experience as a midwife. Moreover she has worked with vulnerable women for 15 years – socially disadvantaged pregnant women, young mothers and drug-addiction in Abuse team Holstebro.

Today she is employed in the Family Outpatient Clinic in Region Midt

Sille Richter Hansen will tell about her job using NADA for the pregnant and the partners, when NADA is offered and how the progress is structured and experienced by the pregnant women.

Panel 5 – Psychiatry

Vicki Kruse, DK

Bipolar affective suffering.

Vicki Kruse has for many years been through a process of treatment because of a serious bipolar suffering. She will report of how she can use NADA dynamically together with medicine to stabilise her symptoms. Medicine can help certain symptoms. NADA however can help with the symptoms that medicine cannot.

Merete, DK

NADA, a little miracle for my mental health.

Merete has suffered from anxiety and depression for many years and has therefore been attending many therapeutic and medical treatments. She has been hospitalised in the psychiatric ward twice.

Merete will briefly tell about her travel through the public medical system and her fight for recovery. When she a few years ago started a NADA- course, she experienced a significant change: "For the first time I could use the mental toolbox that I have spent a great part of my life to fill up.

Libby Stuyt, USA

The NADA-protocol and Borderline personality disorder.

Libby Stuyt is a psychiatrist and just now the President of NADA-USA. She has published a project with borderline patients and addiction (may be downloaded from www.nada-danmark.dk). Libby Stuyt will report about this group of patients that normally is very hard to reach for professionals. She will explain why that is so, what the NADA-protocol can produce and why this method often is an attractive tool for this group.

Tatjana Prentice, psychiatrist, Germany

NADA for patients with a psychiatric diagnosis and addiction as well as the influence of this method on the daily work for the staff of psychiatric wards.

Tatjana Prentice is a psychiatrist, and she is employed in a psychiatric ward with 50 hospitalised patients. She has been using NADA in psychiatry for 10 years.

Tatjana Prentice will tell us about the importance of NADA for doctors' and nurses' work in psychiatry – and – she will describe the clinical feedback. One of the nurses from this ward will also tell about her experiences with NADA in the psychiatric ward.

Panel 6 – School, education, lack of adaptation and handling of anger

Sarah Andersen, DK

The treatment of relatives - NADA for kids with ADHD.

Many relatives help their family with NADA. Stig was tested with NADA when he was 10. He was part of a project in Vejen commune. This project was started by special educational consultant Gry Bastiansen. Sarah Andersen who is Stig's mother, will tell us about the process - how the family uses this method and how Stig has benefitted from their effort. She will also describe to us the challenges of using needles to your own kids.

Gry Bastiansen, DK

NADA as an educational tool in public school

Gry is a special educational consultant in public school. Besides that, she is the author of several well recognised books about pedagogy, education and well-being. Her recent book – “From Chaos to Control” - describes among other things how NADA may be used as an educational tool in the school system.

Gry Bastiansen is the pioneer woman behind a project in Vejen commune where NADA is used to raise the well-being of kids as well as adults. She will tell about the process of implementing NADA in a school system. Here NADA is an important bodily and non-verbal component that increases the result of education and promotes cognition, as NADA strengthens and compliments the cognitive diamond (behavior, emotion, body and thought).

NADA started as an offer to the teachers to lower stress. After a short time more of the schoolkids also got NADA when their parents had given their written permission.

Heidi Bech Andersen, DK

NADA in production schools

The production school in Silkeborg is one of more educational institutions for young people that uses NADA. Heidi Bech Andersen is a teacher on the school. She will tell how NADA can support the students in challenges from addiction of hash for stress, concentration and learning difficulties.

Peter H. Sonne, DK

Vulnerable youngsters, handling of anger, addiction, anxiety, sleep problems.

Peter Hausted Sonne has as a pedagogue much experience with vulnerable youngsters, outreaching social work and closed institutions. He has been working the last 8 years as a pedagogue in the Contact Network - and now in Youth and Family Team in Brøndby commune. He has been a key figure here in implementing NADA as well as making courses for the youngsters in handling anger.

Peter Hausted Sonne will talk about

- NADA and the cognitive conversation progress
- NADA in the treatment of young people - handling anger and “cool kids”
- Help for motivation and insight
- NADA for the family as well as the “common third”
- The importance of the support and respect for NADA from the management of the working place

Mohssin Arrakha, DK

NADA as a therapeutic support and relational work in programmes with gang-exit

Mohssin Arrakha is educated as a mentor, and he is a coordinator for Tiponis Helsingør. Tiponis resocialises preferably LTF-members, rockers and ex-gang members. Apart from that he has experience with NADA as a projected therapist in the abusive environment of Copenhagen commune.

Mohssin Arrakha teaches handling anger (AART), works with psycho- and drugeducation as well as making resource-enhancing courses focusing on employment and education.

Mohssin Arrakha regards NADA as an essential part of a contract.

Panel 7 - Research

Beverley de Valois, GB

NADA as a complementary method in the treatment of cancer

Beverley de Valois is an acupuncturist and PH.d. She has for several years been associated with the cancer ward in London.

Beverley de Valois has published pilotstudies about NADA and breast- and prostate cancer. She will report to us both studies.

Miriam Flyckt Fischer, DK

The Pain centre of Ålborg University Hospital.

NADA as a complementary strategy on the pain centre.

Nurse Miriam Flyckt Fischer will present the 4 months long pilot project in Ålborg Pain Centre. It was finished this spring.

Ken Carter, USA

NADA as a supplementary method in treating addiction.

Ken Carter is a psychiatrist, former President of NADA-USA, and he has among other places been associated to Lincoln Recovery Centre. In 2011 he published a study dealing with NADA and double diagnoses - it has often been cited in various situations. Ken Carter will present a new study from 2017: NADA Ear Acupuncture: "An Adjunctive Therapy to Improve and Maintain Positive Outcomes in Substance Abuse Treatment." Here focus is on quality of life, depression, anxiety and abstinences.

D. 6.-7. of September 2018, 10 am. -17 pm.

Roskilde Kongrescenter,

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Danmark