

# *NADA International Newsletter*

*August 2024*

“Qi is a nest for the soul” – Michael O. Smith, MD, DAc



Michael Smith with Ajándok Eőry and family and friends – NADA Conference in Dublin, Ireland, 2011

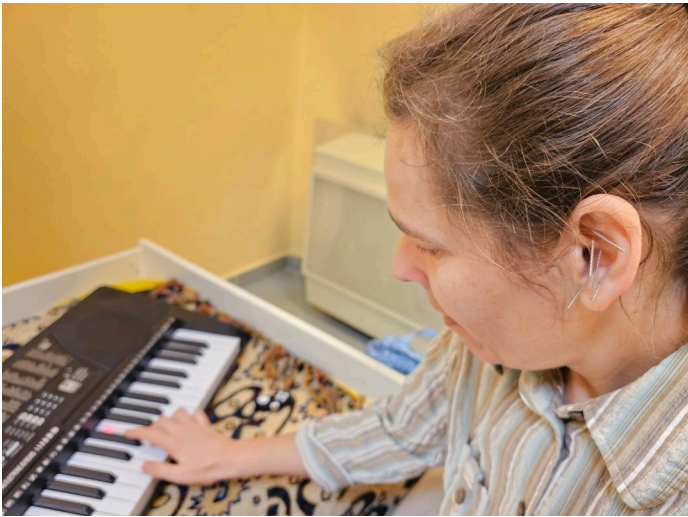
Emese Eőry (seen here on the far right) and her family are continuing the work of NADA Hungary. As she says, “I am so very grateful to Michael Smith for this wonderful healing method and to my father, Ajándok Eőry, for grasping and loving this useful healing technique which we will never let go of!”

Together with his friend and teacher, Michael Smith, Ajándok had the first Hungarian NADA training in 1985 in a prison-like treatment center. That was the beginning of a widespread dissemination of the NADA protocol in Hungary, and NADA Hungary was one of the first NADA organizations in Europe. Ralph Raben has said, “Thank you, Ajándok. Like your American friend, Michael, you were a good teacher and role model. Through you, we learned to understand the NADA protocol better and have passed this on to our students.”

And now Emese is adding to that “useful healing technique,” telling us –

## Let's Be More Creative With NADA Ear Acupuncture — by Emese Eőry

It wasn't planned to combine ear acupuncture treatments with games and music sessions – this tradition has developed on its own. Melinda, our 47-year-old guest who is diagnosed with autism, schizophrenia and generalized anxiety, was initially only able to come to us accompanied by someone. She couldn't enter alone, because being alone caused her great stress. Regular ear acupuncture treatments have made a huge difference in her life.



Melinda likes to stack puzzles during treatments. Also, she has started to play the space drum (known also as a handpan) – she plays wonderfully although it's not an easy instrument to learn. Now she practices on a synthesizer, which I brought from home especially for her, during and after ear acupuncture.



Now Melinda can come to us alone, and she enters the acupuncture center bravely. She can reach a relaxed state faster, and her mind is more cheerful and open. She used to have a strong aversion to be touched by somebody, but now she has made a lot of improvement in this area as well.

NADA solves your anxiety manifested in different areas with incredible effectiveness. Another one of our guests, Monica, spends half-time with meditation and half-time knitting some nice patterns.

*It is a pleasure to see how NADA acupuncture enhances creative enthusiasm and increases the desire to be active. I think that activity is life itself – Emese*

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# A Report From NADA Switzerland – 20 Years On

by Marie-Therese Laminet

NADA Switzerland's 20<sup>th</sup> anniversary conference, *NADA Ear Acupuncture, Touch From the Outside In*, took place on April 12, 2024. Board members Diego Gheza and Christian Saier opened the conference sharing the story of how NADA Switzerland came into being.

Both Diego and Christian studied with German trainer Hilde Bayens at the Clinic Wil. Then at the 10th anniversary conference of NADA Germany in Hamburg in 2003, they met Marie-Therese Laminet and together they had the idea of founding NADA Switzerland, which was put into practice on March 23, 2004.

A lot has happened since then: 3,700 people have been trained in the NADA protocol. And now NADA is used in almost all psychiatric clinics and numerous psychosomatic institutions, as well as in eight prisons.

Diego and Christian's presentation was followed by reports from the field demonstrating the versatility of NADA. First, the Clinicum Alpinum, a private clinic for psychiatry and psychosomatics, reported that they have been using the NADA protocol successfully for five years, especially for depression, burnout and Long-Covid. And the Integrative Oncology Center ZIO in Richterswil shared their work using NADA in addition to chemotherapy and immunotherapy.

Ralph Raben gave a presentation on the universality of the NADA protocol, telling us

that, "Precisely because it has no direct specific effects, the NADA protocol has a universal effect. This is the inner intelligence we work with in the NADA protocol."

We then had a coffee break, which was generously planned with coffee and croissants, and which was used with great pleasure to get to know each other outside in the sun where we could meet and exchange ideas.

The coffee break was followed by a very touching presentation from the Werdenberg Care Hospice, which was accompanied by music. We then had another report from the Oncology and Hematology Männedorf Clinic where the NADA protocol is used twice a week. Here in Switzerland, NADA has now arrived in oncology with impressive results.

Before lunch, Gustav Dobos gave a presentation on the topic of nutrition for the psyche. He recommended the Planetary Health Diet to the participants, a low-meat Mediterranean wholefood diet with plenty of fiber which also conserves resources for the planet.

Later, after a delicious vegetarian lunch, Nicolas Behrens gave a lecture on relationships and their expression through touch as an effective factor in acupuncture and body therapy – and he told us as practitioners how important our mindset is to the success of a treatment. He also held a workshop on this topic in the afternoon.

Then there were the practical parts – workshops which included:

- An introduction to What Is the NADA Protocol? with Marc Curchod;
- A NADA refresher course with Adriane Röbe;
- Touching Varieties of Ear Acupuncture with Peter Summa-Lehmann; and
- Qi Gong Breathing and Movement with Diego Gheza.



*There was something for everyone. And after a successful and enriching symposium, the Board invited the speakers to a delicious dinner in Winterthur. The next morning there was an interesting guided tour of the old town of Winterthur, including a visit to the church tower. This was the crowning glory of a successful event.*

***Here's to the next 20 years for NADA Switzerland!***

## As Once the Winged Energy of Delight – Rainer Maria Rilke

As once the winged energy of delight  
carried you over childhood's dark abysses,  
now beyond your own life build the great  
arch of *unimagined bridges*.

Wonders happen if we can succeed  
in passing through the harshest danger;  
but only in a bright and purely granted  
achievement can we realize the wonder.

To work with Things in the indescribable  
relationship is not too hard for us;  
the pattern grows more intricate and subtle,  
and being swept along is not enough.

Take your practiced powers and stretch them out  
until they span the chasm between two  
contradictions...For the god  
wants to know himself in you.

### NADA GB Conference - October 26, 2024

The theme of the conference is “unimagined bridges.” As Sarah Clifford tells us, “Rilke’s poem truly hits the spot of learning how to navigate life”-- as does the NADA protocol, and we will see this many times over when we hear people sharing their NADA experiences.



*They're back: Rachel, Sarah, Ewan and John invite you to the next NADA GB meeting to be held on 26 October 2024 at the Friends House at 173-177 Euston Road in London. The admission fee will be £50 per delegate. Tea/coffee and a hot lunch will be included in the price of admission. **Also magnetic beads will be on offer throughout the day.***

*To continue the special day, we have decided to join up for an informal supper at a fabulous Indian restaurant which is located in The Tavistock Hotel. It has a reasonably priced menu, and it would be fun to connect as it's not often we are all in the same place. The menu will be going up on the website, so you can look and decide if that would work for those who don't have to hurry off. There's always so much to talk about, we definitely will not want the day to end.*

*But before all that, we will have the opportunity to hear people sharing with us the different ways they have been using NADA acupuncture – and how it has affected themselves and the people that they work with. Here is a small part about some of the storytellers and their stories:*



**Margaret Kinchin** will share with us her “Never-Imagined Bridges.” Margaret is a NADA practitioner and has worked in homeless shelters and with World Medicine at Grenfell and Wapping. She tells us that we are all on our own personal life’s journey – and that journeys inevitably cross bridges. She says: “From my first introduction to NADA, I have crossed so

many bridges and to say they were at one time ‘unimagined’ is a massive understatement.” She has chosen a few of the most memorable and significant ones to share and to show the effect they have had on her NADA Journey.

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**Beverley de Valois**, Mount Vernon Cancer Centre, UK, will present on the Safe Practice of Acupuncture in Cancer Care. As NADA is being used increasingly in integrative oncology, the awareness of the recently published recommendations for safe practice is important. These recommendations are intended to inform and empower acupuncture practitioners to offer acupuncture as a safe adjunct to routine cancer treatment and care.

The result of a two-year collaboration of 15 international experts in integrative oncology and/or acupuncture, these are the first international, multi-disciplinary, peer-reviewed recommendations for the safe practice of acupuncture in integrative oncology.

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**Gabriella Angus** is a NADA GB trainer. She will speak about the transformative power of NADA acupuncture, highlighting how ear acupuncture has helped improve the quality of life for many. People like a woman grappling with bereavement and chronic anxiety; a young girl battling debilitating eczema, grief, and emotional pain; and a young man overcoming corporate burnout, anxiety, and fatigue.

Gabriella will also share experiences from families in crisis, staff at a domestic violence refuge coping with overwhelming stress, and individuals stuck in life who found peace and the ability to move forward. These accounts

provide a deeper understanding of the therapeutic benefits of NADA ear acupuncture and its potential to transform lives. They reveal the incredible resilience and healing fostered by the NADA protocol.

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**Trish Cathcart**, Ballymena, N. Ireland, holds a postgraduate degree in Dual Diagnosis and Substance Use Disorders. She lectures at Queen’s University Belfast on substance use within the criminal justice system.

Trish will present about her work as the Service Manager and substance-use counselor at START360, an organization which delivers support services for people in all prisons in Northern Ireland – and in the community, helping former prisoners get back onto their feet, access housing, benefits, opiate treatments, doctors and more.

She has recently implemented the Compassion Prison Project, Trauma Talks Programme in Magilligan Prison, the first in Europe to run out this trauma-informed program to prisoners. The current group are all life- and long-term sentenced prisoners. She has trained a range of prison workers in the NADA protocol and also people in community settings across Northern Ireland. Trish has also taught acupuncture to the prisoners themselves, so they can treat others with the beads and assist in acupuncture clinics within the prison.

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**Jamie Dunn**, Greater Manchester, England, will be speaking about his work at Early Break, a young-person and family-service organization which offers a progressive holistic approach addressing many areas of families’ needs.

Jamie has a background in treatment interventions for substance misuse and for holistic therapies. He was trained in the NADA protocol in 2008. Then in 2012, he became Early Break’s Service Assessor, and, five years later, he became a member of the NADA GB training team.

Jamie is one of NADA GB's most active trainers, and he also has been using a lot of acupressure. He does NADA trainings with staff members and also provides training to external services that offer NADA acupuncture. Some of these services are: drug- and mental-health workers in prisons and youth-justice services; hostel recovery workers; National Health Service mental-health workers; the LGBT foundation; and private therapists who provide this simple but very effective treatment.

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NADA Emerging in the Balkans: **Sara Bursac**, Croatia and Wyoming: *NADA brings us together to heal from a shared history of unity and conflict.*

For the past 10 years, NADA has had a presence in Croatia – the seeds of its beginnings had been planted at the 2013 international NADA meeting in Graz, Austria.

Since then, there have been a variety of applications of the NADA protocol in Croatia, from disaster-response settings after an earthquake, to a harm reduction program, to sharing beads with teachers at an elementary school. A community of providers has emerged oriented toward sharing these teachings with its neighbors. In the past year, a training was held in Serbia, and most recently in Bosnia.

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**Idris Farrah**, from World Medicine [WM] and JRS, will be talking about Training the Community to Treat the Community. This is a pilot program developed by WM to provide fully supported training in the NADA protocol to Refugee Friends and key workers. The aim of the pilot was to create a sustainable volunteer base to help maintain the clinic at the Jesuit Refugee Service in



Wapping. It also hopes to support the Refugee Friends who use the service, by training them in a practical skills-based program. This will enable them to positively contribute to the WM program and to the healing within their own community.

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**Kajsa Landgren**, Sweden, will be speaking about how to bridge NADA into public-funded care. Anxiety, depression, addiction, stress and sleeping problems are common and affect all dimensions of life.

The effect of medication is modest with severe side effects, and so it is essential to find a safe and effective treatment that reduces suffering. NADA is all that and cost-effective – and it is highly appreciated by patients in recovery.

Kajsa will show evidence and clinical experiences, arguing that it is reasonable to implement ear acupuncture in publicly funded care so that more people can benefit from it. And she will also discuss what is needed for a further implementation of ear acupuncture in psychiatric care and addiction treatment.

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**Lars Wiinblad** and **Camilla Ottesen**, Denmark, will be giving a joint presentation. **Camilla** is a certified midwife and an experience-oriented psychotherapist. She has a master's degree in organizational psychology and leadership. In her therapeutic clinic, she works with trauma and with victims of violence and abuse. She has been a NADA practitioner since 2012 and a NADA instructor since 2022. Her talk will address how NADA can be the unimagined bridge to inclusion of mindset within therapeutic methods. It will particularly focus on trauma therapies: the poly vagal theory versus response-based practice.



**Lars** is a psychiatric nurse and an acupuncturist. He founded NADA Denmark in 2000. Lars notes that the NADA protocol has been widely known for two decades in palliative care and in hospice service in particular. Half of the hospices in Denmark use the NADA, and the demand for the protocol is increasing.

He will be talking about the use of the NADA protocol in palliative care from well-known issues like anxiety, depression, fear, sleeping disturbances, nightmares and delirium to the use of NADA as a complementary tool to reduce medication and physical and mental pain. The NADA protocol can effectively support pastoral care in a direct, gentle and subtle way. The process of the NADA protocol reflects pastoral care in a non-verbal form. Transformation lies within the protocol.

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**Vanessa Top** was born in Lille, France, and has been living in New Caledonia for 30 years. She was trained by NADA France in 2011, and went to her first NADA conference in 2012 in London. She had the chance to meet Dr. Mike Smith several times, and to meet NADA practitioners and trainers around the world, thanks to conferences organized by NADA groups from different countries.

NADA has been used in public institutions in New Caledonia for more than 20 years – in addiction units and now in mental health units. Vanessa is a public health nurse, a TCM practitioner and a NADA trainer. She is the founder of NADA Noumea. Her presentation will focus on using NADA for the promotion of global health and integrative care specifically in New Caledonia.

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## Magnetic Beads and the Reverse Shenmen

*“A treatment that helps kick in the body's own healing system – it helps what needs helping. Magnetic beads do well because they're popular, they're legitimate and they work.” Mike Smith*



*Larry Lee served as the executive director of Womankind from 2007 until he retired in 2018. An award-winning non-profit organization, Womankind empowers women - especially Asian Americans. It provides shelter, transitional housing, non-residential and legal immigration services to survivors of gender-based violence for women and their children. Culturally appropriate services are provided in over a dozen Asian languages and dialects, including a 24/7 emergency hot line.*

*Womankind is the largest agency in the nation focusing on Asian American survivors and is one of the pre-eminent organizations dealing with survivors of human trafficking. It is a national demonstration project developing and implementing model services for survivors of sexual assault.*

*Larry and Mike Smith met over 30 years ago when Larry asked Mike to set up the NADA protocol at Safe Horizon. This was to help Larry's community-based program assist Moms who were substance abusers whose children were at high risk of foster-care placement. As Larry said then, "Look at that, it worked!" Now, Womankind is using the NADA protocol as the keystone of complementary and alternatives to medicine practices that accompany a relationship-grounded counseling protocol, appropriate for its collectivistic-based population. Mike and Jo Ann Lenney trained Womankind's case workers and supervisors, and Jo Ann has done follow-up training after Mike's passing.*

*Larry and Jo Ann are planning to do a magnetic bead project at a community-based mental health clinic. The following is Larry's prospectus for this project.*

## **THE GOOD SEED** by Larry Lee

*Can the use of a single bead placed behind the ear positively impact depression, anxiety, concentration, and energy? Not alone! But as a supplement to clinical practice, beading has been shown to increase quality of life.*

*The National Acupuncture Detoxification Association (NADA) protocol is an evidence-based adjunct therapy used worldwide to improve positive outcomes in treatment for substance abuse. It is also shown to be effective as an addition to treating behavioral health care symptoms linked with mental health trauma, PTSD, and chronic stress.*

*With the NADA protocol, an ear bead is attached bilaterally behind the client's ears. The bead is attached to a quarter-inch latex sticker. It is placed at the back of the shen men point - the triangular depression that sits at the apex of the ear. Stimulating this point and its reverse can induce calm and lower stress.*

*Beading can be provided individually or in a group. When used to augment group therapy, the clients sit together for 20 to 45 minutes. Clients can be taught to self-administer beads, enabling them to help themselves. The beads can be kept on the ears for a week or more. Some people wait until the beads are replaced.*

*For the last ten years, the non-profit agency Womankind has used the NADA protocol to assist its counseling of primarily Asian women survivors of gender-based violence. We hope to use the NADA protocol to assist residents in a supportive housing program. Beyond assisting the residents, the goal is to experientially test its value for use in the behavioral health program.*

*To bead or not to bead. There is no question. 'Tis nobler for the mind and body to enjoy the seeds of outrageous good fortune. Perchance to relax, have energy, to sleep and be calmer from a sea of trouble. Sorry, Hamlet, but neurotic guilt ain't no fun.*



*... And where do we place the beads? Let's look to one of our original teachers of bead placement, Reuben "Reubs" Arlo Jackson, for a demonstration.*

Remember that NADA is to help figure out the dilemma, not to figure out how to find a point. What's important is the process of finding the point, the involvement of you as a human being. The primary thing is your energy, not the bead – the bead is a conduit.  
MIKE

Comments about the beads:

Bead trainee at Brooklyn Veterans Center: *"If I had known I could feel this comfort within myself, I wouldn't have had to use alcohol and heroin."*

Former New York City police officer: *"I'm never without the beads – I know I'm a better person with them than without them."*

Outpatient at a substance abuse center: *"I don't know when the beads are on, but I know when they're off."*

Michael Smith – "Adults often try to guess and generalize the function of the beads. So they imagine it forces a person to be silent rather than just relaxing or balancing. They expect the bead to be a bossy parent instead of a flexible part of nature."

## Notes From Around the World:

### CROATIA

Sara Bursać has done several NADA trainings now in Croatia and has also given demonstrations on the magnetic beads. One of her students, Asja Vasiljev, wrote to Sara recently to share an experience that her co-worker had this past spring with the beads.

#### Fabiana's Experience - *by Asja Vasiljev*



*When word got around the school that I was applying acupressure magnets, Fabiana, a colleague from the kitchen approached me. She asked me if it helps with hunger. We joked a little about that and she decided to try them. The next day I came to work and Fabiana excitedly greeted me. She said she had to take the beads off because she thought she might sleep through the whole day. She had slept 10 hours straight – which hadn't happened to her in a long time.*

*After a few days, Fabiana asked me to place the magnets on her again. When we met after the weekend, she told me how surprised she was when she got her period, because she didn't have any of her usual PMS complaints, none at all.*

*The last time she used magnets she had to take them off because she was so relaxed that she couldn't even argue with her husband!*

*Fabiana and I met after a couple of weeks outside of work, and I asked her how she was feeling. She said how she had come out of a difficult period, that she "sorted out" something in herself and that now she is fine.*

*Fabiana's experience naturally impacted her colleagues. One teacher told me that whenever she sees me in the corridor, she spontaneously grabs her ear and presses the shen men point.*

## IRELAND



*Jackie McKenna & Mike Smith*

In 2003, Jackie McKenna, Co. Cavan, Ireland, was trained in NADA acupuncture by Jim Byrne, the founder of NADA Eireann. She came to Lincoln Recovery Center in the South Bronx, New York, where she studied with Mike Smith, Carlos Alvarez and Jo Ann Lenney. She became a Registered Trainer in 2005.

She also traveled with Jo Ann to Ballymena, N. Ireland, to meet with the Ballymena Family Support Group where she met, among others, Trish Cathcart. Jackie and Trish continue to work together in a cross-border effort.

In 2022, Jackie was one of the founding members of Cavan Drug Awareness, the first community-based drug project in Co. Cavan which aimed to address the issues of drug and alcohol misuse using alternative and complementary therapies. The organization provided information, support, training and services to drug users, families and the wider community.

She is now project coordinator with the Family Addiction Support Network. FASN is a dedicated support service for family members and concerned persons who are impacted by a relative's substance misuse. FASN, with the National Family Support Steering Group, is hosting a national conference on Trauma in the Community on September 19 and 20, 2024. The event is funded by the Department of Justice. For registration see [www.fasn.ie](http://www.fasn.ie). Jackie will be joining us at the London conference.

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## FINLAND



In 2025, NADA Suomi/Finland will be celebrating their 25th anniversary. The seeds for the organization were planted in 1991 when Pekka Aarninsalo visited Lincoln Recovery Center in the South Bronx. He had read that Lincoln was a clinic where people with drug problems were treated by acupuncture and herbal tea, and he went there to learn more. He later wrote to Dr. Mike Smith saying, "I was curious enough to visit Lincoln, and I was very impressed with the calm and relaxing atmosphere in the clinic – and with

the many very interesting stories you told me about the treatment." In Helsinki 1998, Mike loved that he got to attend an ice-hockey game with Pekka. Then they went to a sauna, and he even got Pekka to go swimming in ice water which was a first for him.

*Nada in Sanskrit means a crystalizing drop of metabolic energy – Helsinki 2007*

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### The Philippines



NADA Philippines' 8th national conference was recently held on August 3, 2024 – "Taos-Pusong Pasasalamat sa Labing Apat na Taong Pagpapalaganap ng Diwa ng Nada – Fourteen Years of Spreading the NADA Spirit with Heart and Thanksgiving." We are hoping to have reports from the conference and pictures of the happenings that day.

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### Australia



In our next issue, Kata Japunčić, founder of Acupuncture for Community Inc., will share some of the work she has been doing in Australia. This includes a new NADA pilot project in partnership with the Women's & Girls' Emergency Centre, delivering in-house auricular acupressure for women experiencing homelessness after fleeing domestic violence. We are looking forward to hearing more about this and the web of relationships guiding the growth and consolidation of NADA activities in Australia.

Kata delivering a treatment during a drop-in group NADA session on Gadigal-Wangal Land, in Sydney, Australia

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*“Since the NADA protocol works by mobilizing the existing internal resources of a person, every aspect of a clinician's interaction with persons in need is to help them help themselves.*

*Opening access to the treatment itself comes first. This occurs through eliminating unnecessary bureaucratic, socio-economic and environmental barriers to starting a program of recovery.*

*The next task is to create a zone of peace within which patients can begin to experience their own inner strengths.*

*Finally, and in respect to the other aspects, Keep It Simple.”*     MIKE

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