

International News From NADA – Winter 2026

NADA Germany at the Morgan Library in New York



In October 2025, NADA Germany came to New York. Evmorfia Fromme, the current board chair of NADA in Germany, was here with her husband, Matthias, and their son, Leander. We met them for tea and talk – and a visit to the Morgan Library.

The last year has been very eventful for NADA in Germany. The board has changed a lot. Ralph Raben decided not to stand for re-election and Wolfgang Weidig is no longer on the board – though both are still active with NADA Germany. After more than 30 years, this was a very significant change.

NADA Germany is trying to bring about a generational change in the NADA board. This is not easy. Evmorfia works full-time in child and adolescent psychiatry. Everyone on the board is a volunteer, and they still have their normal jobs. The association has grown over the years, and the work in the office is very extensive. As Evmorfia says, “The calendar is simply very full.” That includes preparing for the NADA trainers’ meeting which will take place in Berlin from January 16-17, 2026. There are now over 25 trainers in Germany.



While we were all together in New York, Ralph and Tine were doing a NADA course in a psychiatric hospital in Wallerfangen, in the south of Germany. Somehow we connected at the same time, and Ralph sent an email saying: “Hello Jo Ann. Hello Evmorfia and Hello to the four of you. Great to see you’ve met up, and we wish you a wonderful time together in New York.”

Ralph sent us a picture of the training participants, after telling them all that Jo Ann Lenney and Evmorfia Fromme had just said hello to them from New York. Everyone sent back greetings – with the hope that we'll all be able to meet up soon in person.



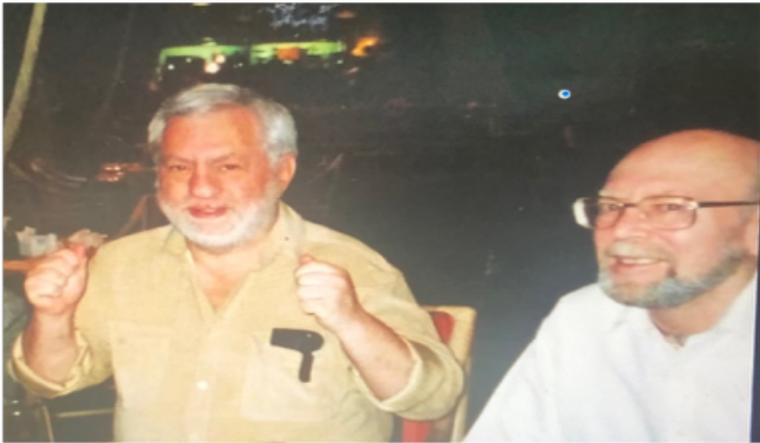
Graduates of NADA training in Wallerfangen, Germany, October 2025



Matthias, Leander and Evmorfia waving goodbye and sending their best wishes to all.

An added note: Ralph commented on the last issue of this newsletter saying how touched he is that we are coming together from Finland to Australia. “Yes, and Wolfgang's first article aptly and beautifully describes the beginnings of Nada in Germany. Mike, Nancy and Carlos, their strength, wisdom, curiosity, humor – and all the patients and our desire to improve medicine have strengthened us. And now you, that we are becoming a fruitful global family. Nada has also shaped my life and that of Tine and our family.”

Seeds of NADA – Planted by Jim Byrne



In 1994, Jim Byrne, the founder of NADA Éireann, studied with Dr. Michael Smith and Carlos Alvarez at Lincoln Recovery Center. Then in 1997, he returned to Ireland, bringing NADA to his native Dublin and, among other places, to Ballymena.

On one of Jim’s trips back to the United States, he accompanied some of the women of the Ballymena Family and Addicts Support Group. This was one of many organizations which Jim had helped along in his role as leader of NADA Éireann. The Ballymena group was a totally volunteer group of mothers, both Catholic and Protestant, offering education and support to parents and community members. Jim contributed training in NADA acupuncture to provide relief to family and friends – and to addicts themselves.

When Jim died a few years later, his friend and mentor, Mike Smith, said: “To someone who knew him only from brief encounters at NADA conferences, Jim Byrne was that angular fellow with the accent and diffident manner of his native Ireland. But short acquaintance was all it took to pick up on Jim’s fervor about acupuncture healing of addiction. Returning to his birthplace after many expatriate years in the United States, **Jim took with him the seeds of**

NADA and got them growing in Dublin, Ballymena and other home areas hard-hit by the heroin plague.”



Carlos Alvarez, the coordinator for the Acupuncture Training Institute at Lincoln, was known internationally as the Trainer of Trainers. Carlos worked closely with Jim when he was establishing NADA Éireann. They are seen here with Jesse Morgan who developed the men’s

group at Lincoln. Jesse also traveled to Ireland to help support Jim in his efforts to grow NADA acupuncture there.

At the time, it was not known that while Jim was having to deal with the usual obstacles of bureaucracy, lack of funding, and ignorance, he also had to struggle with cancer. It finally took his life on November 20, 2002. And again we hear from Jim's friend, Dr. Michael Smith:

“To start a whole new project in a whole new country after being diagnosed with cancer, and to carry it through with such brilliance and practicality, is one of the more amazing life successes I’ve ever heard of.”



Seen here are some of the founders of the Ballymena Family Support Group at a NADA conference in Denver. Trish Cathcart was one of the women in the Ballymena group who Jim trained in the late '90s.

Trish told us that she still puts both Dr. Mike Smith and Jim Byrne's names on all certificates. And she does so “with gratitude for who they are, to keep their legacy alive, and to show the universe appreciation for all the knowledge and kindness they showed to me. In the training manual that I give to trainees, I have the first few pages dedicated to them. The two of them are a part of everything I do as I wouldn't be here doing what I do without them.”

More From Magilligan Prison in Northern Ireland *by Trish Cathcart*

Things have been busy here in Northern Ireland the last few years with a substantial increase in the prison population. It is at 2,039 adults, twice the population of when I came into prisons to work in 2012. Many of the people present with substance use and mental health problems. This brings forward challenges and pressures on the Start360 prison staff, whose numbers have not increased, meaning we must work smarter and more efficiently, utilizing the expertise of the men we work with and working with peer educators to co-deliver a lot of our interventions.



In 2023, I collaborated with Fritzi Horstman from the Compassion Prison Project in the United States to deliver her ground-breaking program, Trauma Talks. The program is designed to recognize and address the impact of adverse childhood

experiences in incarcerated men and women. It seeks to promote healing, to encourage accountability and responsibility, and to reduce stigma. It aims to transform lives by providing knowledge and support, helping individuals prepare for release, to reintegrate successfully into their families, and to contribute positively to their communities.

In our last cohort completed in September 2025, we had several young men who also had ADHD and who found it difficult to sit and concentrate through the videos which are on average 60 minutes long. One of the guys, Jason, who was already a regular at NADA acupuncture clinics, asked if he could have some acupuncture prior to the video starting to maybe help him settle and concentrate on content in the video. I thought it was an amazing idea, and we gave it a go.

After all, clients know best what works for them. They are the experts in their own lives and know what helps.

A few of the other participants in the room were curious and asked to try the needles too. They asked to keep the needles in while watching the entire video. The impact on them and the session that day was profound, less fidgeting, less talking and less general disruptions for all participants – everyone who received the treatment reported better concentration and processing of the content. They also reported less emotional disturbance while watching some of the potentially triggering material regarding childhood trauma.

At the next session, more participants asked for the treatment prior to the video starting and soon we had 8 of the 12 participants sitting each week with the needles in their ears, watching the videos with greater concentration and clarity, processing not only the content but also their own childhood traumas. We have a new cohort of Trauma Talks just started in November 2025 running to April 2026, and we continue to work on helping to heal the trauma of the past to try and reduce re-offending and to reintegrate people back to their communities to continue to heal themselves, their families and ultimately their own communities.



It's a tough course but very rewarding, not only for participants but for us as facilitators too. In March 2025, I was awarded a CO3 Leadership in Healthcare award for introducing the program to Northern Ireland, the first country in Europe to adopt this trauma-informed approach in prison. I am privileged and humbled to be able to carry out this sacred work in prison with our clients.

Jason, who suggested using NADA acupuncture in the program, graduated and progressed to train to be a mentor with me, along with six other mentors. In December, he was trained in

the administration of the beads, and he can now give these to other prisoners – and to staff – in all their various residential locations across the prison estate.

Mentors are also trained in health and safety protocol to help staff with the weekly acupuncture clinics in the prison. Their help in the running of the clinic is invaluable, as I said we are understaffed and overwhelmed with prisoners. They help with consent forms, needle checks and with administering the beads to the men before they leave the session. They are also trained as co-facilitators of the Trauma Talks program to help deliver this going forward.

Some mentors meet and greet all the new committals to Magilligan prison once a week and introduce our service to them and take referrals for interventions. Ryan, a long-term mentor, always promotes the acupuncture treatment, which he himself loves. He asks new prisoners to raise their hand if they are stressed, anxious or having difficulty sleeping (which turns out is practically all of them). He instructs anyone with their hand in the air to put their name down for the acupuncture as this will help them. He tells them: *“Lads, this treatment will take your head out of prison for 40 minutes and give you some peace. Now, who doesn’t want that? Put your name down.”*



Liam, a previous mentor and volunteer, is a returned citizen with lived experience of custody and substance use. He was trained in NADA and is now a paid member of staff, co-facilitating with me recovery groups in custody and in the community, in Ballymena and in Belfast. He also co-facilitates a family support group. At all these support meetings, Liam gives the NADA treatment to participants. Having a person with lived experience come back into the prison to work with prisoners is a massive step forward by the Northern Ireland Prison Service – it gives hope to our mentors and clients in custody that change is possible.

Compassion is real and there are real alternatives in life. It is truly a privilege to work alongside Liam and all of the mentors. I hope that more of the men leaving custody will be inspired by him and that we have more of them coming back to help heal others within the prison community. I also hope that more men will be inspired by our mentors in custody to help each other to foster a community of healing and compassion.

“The Spirit of NADA is service. People grow and we grow through the people we serve.” MIKE

Janice Kocoglu, One of Our Latest NADA GB Acudetox Practitioners, Brings NADA Into the Community



Janice Kocoglu, second from the right, with her fellow NADA trainees

Shortly after the NADA GB conference in October of 2024, Farrah Idris became a NADA trainer, and, in May of 2025, she trained a group of eight colleagues from primary and social care. The aim was for the new practitioners to deliver group sessions to colleagues and service-users in their respective organizations.

One of Farrah's students, Janice Kocoglu, wrote to us recently. She is a parental/community engagement worker attached to a Tower Hamlets primary school and is involved with groups of parents and families – helping them to engage in their own learning journey. She told us that the community she works with would probably not have great access to NADA, and she hopes that the benefits of her training will be far-reaching. Janice's report follows:

I have always had an interest in complementary therapies and the benefits they have for individuals. And so I was drawn to the chance to take up the NADA training, not only for myself and my own personal development, but also because it would give me the chance to support other women (especially) with the benefits that the NADA treatment provides.

Farrah Idris, our NADA trainer, was great, delivering a well-paced, practical and information-dense course. She created an atmosphere that encouraged group support. That helped all of us gain the confidence and understanding that is needed to run NADA sessions going forward. The group I trained with was diverse, and so we

all were able to bring something different to the group. Having the group's encouragement and support was great, and several of us have kept in touch, sharing information and help.

Friends and family who have had a treatment are amazed at the effects, the relaxation and calm feeling that the NADA treatment generated. In the future, I hope to run NADA sessions at school, with an elders' group and also possibly with private clients going forward from September.

Thank you very much for the opportunity to train in this discipline – I hope it will enrich the lives of many in the future. Janice Kocoglu

And from Rachel Peckham, who trained Farrah who then trained Janice:

“It's good to hear from new practitioners who have just got their NADA qualification. This is so nice. Thank you, Janice Kocoglu, for your excellent feedback about your training. We're wishing you all the best for setting up NADA sessions in your community for the families and parents who have children at an inner London School. Please keep us posted on your progress. And, of course, a big thank you to Farrah Idris, too!”

“NADA starts you on the path to change. Other things will be on that path also but acupuncture gets you on the self-help path.” MIKE



An Update on AcuRecovery Wyoming by Sara Bursac

It has been almost a year now since we celebrated the 10th anniversary of the start of free clinics in Laramie, Wyoming (see March 2025 newsletter), and we wanted to share an update with you. Four trainings have been held this year – two in Casper and two in Laramie – with a total of 21 newly trained providers. The trainings took place under the curriculum created by AcuRecovery Wyoming and approved by the Wyoming Acupuncture Board.



From the left: Holly Steinkraus, Jennifer DePaolo, Jude Buchanan, Heather Britain, Sara Bursac, Lauralin Williamson and Amanda DeDiego

The new providers have been active in promoting the treatment – bringing it to patients of the local cancer treatment center in Laramie; to clients of a drug court program in Riverton and Laramie; and to individuals in Casper that frequent Kind Grounds, a navigation center for the unhoused. Laramie now has two free weekly community clinics. Other Wyoming cities with free clinics include Sheridan and Pinedale, and there is a plan of starting a clinic in the state’s capital, Cheyenne.

In early October, an AcuRecovery board member and a licensed provider gave a workshop in Casper for the Wyoming Counseling Association’s annual conference. The workshop included a treatment demo, as well as the hands-on practice of putting a bead on the reverse Shen Men. This was also an opportunity to share, for the first time, data gathered from the 2019 survey of Wyoming’s free clinics.

As noted in the previous newsletter, Dr. Smith – MIKE – was at that first Laramie-based NADA training in 2014. He provided support and encouragement – to me as a new trainer and to our community. Your presence, Mike, gave me confidence to “Just Do It.” And our communities in Wyoming are grateful to you for that.

We are hopeful to get a website going in 2026, and, of course, more trainings!

Magnetic Beads and the Reverse Shen Men

At the Wyoming Counselors' Association conference in October, Sara Bursac's colleague, Sophia Kenney-Tolentino, gave a workshop on the magnetic beads. People learned how to apply the reverse shen men on each other, and they were given a baggie containing a flat of beads and a handout about what they just learned.

ACUPRESSURE WITH REVERSE SHEN MEN

Using beads & seeds to alleviate & manage distress

Benefits

Ear acupressure beads provide a balancing effect – some people fall asleep, some feel relief of depression and anxiety, some seem to get a peaceful sensation of relaxation, and some don't feel anything.



“A treatment that helps kick in the body's own healing system – it helps what needs helping.”

-- Mike Smith, MD, DAC



AcuRecovery
WYOMING

Materials

Gold-plated steel balls with a slight magnetism, or vaccaria seeds, are most commonly used to apply pressure to the point. They are secured to the ear by a small piece of tape and have tonifying, supportive properties.

Where can I get beads & seeds?

Ear beads and seeds are available from vendors such as Acurea and Lhasa OMS. They are often referred to as auricular magnetic pellets.

Location/Application

At the edge of the oval-shaped depression at the top of the ear lies a point called Shen Men, or “Spirit Gate.” We place the bead on the back of the Shen Men point on the ear. You can put your thumb on the front of the ear and the forefinger on the back – near the top of the ear. That will pretty much give you an idea of where the reverse Shen Men is.



For more information and resources contact: acurecoverywyoming@gmail.com

Note: Learning how to apply the Reverse Shen Men point does not imply competency in the larger field of auricular therapy or acupuncture. This is a support for medical and psychosocial care.

“Magnetic beads do well because:
they're popular,
they're legitimate,
and they work.” MIKE

The NADA Protocol in Danish Dentistry *by Mette Wiinblad*



In Denmark, dentists have found that the NADA protocol helps clients to relax and to reduce anxiety during dental care. Today there are several examples of dentists using NADA at dental schools, as well as at private clinics. For the past three years, Tandrødderne dental clinic in the municipality of Ballerup in Copenhagen has offered treatments free of charge for homeless people and for people with severe dental phobia. The clinic primarily serves people that, due to homelessness, low income or mental problems, haven't seen a dentist for years.

The NADA protocol is one of the clinics' methods to help clients overcome their fear. Normally NADA is given 10 minutes before the dental session starts. The clients keep the needles in during the session – this helps them to cope with a difficult situation, enabling better cooperation with the dentist.

Many clients show up an hour before the dental work starts to get an even better effect of the acupuncture. They relax in a dental chair or in the waiting room while having the needles. Gitte Nobel, a dental assistant in the clinic, encourages clients not to watch television, use their cell phone, drink coffee or talk too much while receiving NADA. Gitte says, "If our clients have difficulty sitting quietly, we normally play a little soft music for them. NADA tea (sometimes known as sleep-mix tea) and water are always offered."



The NADA protocol clearly helps reduce anxiety for dental treatment. But also, clients that receive the protocol on a regular basis describe significantly fewer symptoms of stress and anxiety. They say that they are more mindful and have better mental focus. Gitte adds, "It is obvious that the NADA protocol makes the nervous system calmer, reduces withdrawal symptoms in general, promotes better sleep and reduces aggressive behavior. We, therefore, try to find the time to treat clients who do not have a dental appointment but who show up for the NADA protocol only." Gitte says, "Everybody benefits from the needles. All of us will experience stress symptoms from time to time. Our occupational environment becomes healthier that way." Also, the dentists and their assistants receive the NADA protocol when appropriate.

Claus is 53 years old. He is a sociable and warm person who happily shares his experiences. He thinks that the NADA protocol has made a huge difference for him to overcome his fear

of dentists. For a year, Claus has been living on a pension. He also does voluntary social work in a shelter for homeless people called the Morning Café in the northwest area of Copenhagen helping with security and general duties. The Morning Café helps homeless people with medical services and social advice. And they can get breakfast, a shower, clothes, and more. It is a safe place away from the street where one can rest. Claus is popular there with clients, as well as with staff members.

At the age of 18, Claus had a traumatic experience with a dentist. The procedure was extremely painful, and Claus felt he wasn't respected as a human being. Claus hasn't been to a dentist since, and so his dental status is very poor. At one time, Claus came to a point where he removed one of his teeth using a forceps instead of seeing a dentist.

A staff member at the Morning Café told Claus about Tandrødderne. It took some time persuading him to visit and, in the beginning, a Morning Café worker accompanied Claus to the dentist. Claus explained that he was so anxious that he could hardly walk the stairs to the clinic. He was shaking and couldn't relax at all in the dentist chair.



Gitte introduced Claus to NADA which was a complete breakthrough. The protocol helped him immediately, and soon he was able to turn up at Tandrødderne all by himself. Claus tells us that he feels accepted at Tandrødderne. He said there is always time for him, and he can decide himself how and when he wants the needling done. He prefers to have the NADA protocol five minutes before he enters the dentist chair, and he keeps the needles in throughout the dental treatment.

"I can't praise Tandrødderne and the staff members in the Morning Café high enough. They are extremely kind and respectful," says Claus.

Tandrødderne – the name has a double meaning. Rødder means root of a tooth, but the word is also used to describe people who are in opposition, on the fringes of society, who go their own way and don't follow rules.



Mette invited her friend, Jane Lyttans, to take the NADA training. In gratitude, Jane made these tapestries, and now Mette uses them in her teaching.

NADA in the Women's & Girls' Emergency Centre in Australia

Kata Japunčić, founder of Acupuncture for Community Inc. in Australia, recently spoke at the Domestic and Family Violence conference at The University of Sydney Law School. She presented with two other women from the Women's & Girls' Emergency Centre (WAGEC). WAGEC's mission is to create safe futures for women and children by ending gender-based violence in a generation.



Briana Attard, Beth Eager and Kata Japunčić

Kata did a presentation of the NADA workshops with WAGEC staff and clients. She presented with Beth Eager, transcendental meditation, and Briana Attard, yoga and somatic practices. Together they represent the three strands of a holistic health program offered by WAGEC.

WAGEC has invited Kata to extend the self-care circles and NADA teach-ins to cover all three WAGEC refuge locations.



Kata, Manda Rochester, Nicole Yade, Brianna and Beth

Manda Rochester, Helping Children Heal, presented on WAGEC's specialist support program for children and young people whose lives have been impacted by homelessness and/or violence. This program's focus is on positive childhood experiences and creative approaches helping children build resilience and healing.

Nicole Yade, CEO of WAGEC, said these presentations exemplify the innovative ways that WAGEC is supporting healing for women in refuge. She said, "Not one offering suits everyone at all times, and it's so important that women fleeing domestic violence have choices to engage with what feels right for them and what supports calm and rest."

Seeds of NADA – Planted in Serbia

Filipino Workers Supported by NADA



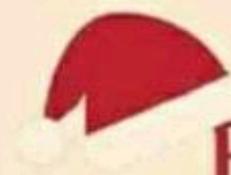
Lorna Fistes, who is originally from the Philippines, now lives in Serbia. Lorna is a nurse by profession, and she learned NADA acupuncture when she still resided in the Philippines.



In November 2025, Lorna organized an event in Serbia’s capital city, Belgrade (see flyer on the following page). She provided NADA acupuncture to Filipino workers who are living and working in Serbia. The people who attended the event and received the NADA treatment requested to have a clinic every two weeks – this is a wonderful outcome of this one-time event.

Thank you, Lorna, for your great outreach and service. We hope to hear more about your work in the next issue of NADA News.

“NADA is work from the heart.” – Mike



Early Christmas Treat for Our Kababayans in Serbia!

We're happy to share a special Ear
Acupuncture Detoxification Treatment
offered by our fellow kababayan,

Ms. LORNA A. FISTES, R.N.

Registered Nurse

✦ Acupuncture Detoxification Specialist

📅 Sunday, November 23, 2025

📍 Venue: Mladena Stojanovica

This treatment aims to help our OFWs in Serbia relieve stress, improve sleep, boost wellness, and detox naturally – a perfect early Christmas treat for your body and mind!

MIKE's Gift –

by *Sonia Lopez*, former medical director at Lincoln Recovery Center

Part of Mike's gift was that he was able to put into words processes that are hidden, subtle, and sometimes confusing and contradictory. But Mike had, and taught, a way of working with these processes – really the movements of qi – that allows one to engage and watch without trying to control them.



His gift to me was to show me how to see the movements of qi in ordinary life. How a room full of people becomes an organism with its own movement of qi. How a person who smokes cigarettes is trying to balance the five elements in the best way they know how.

Most of all, Mike believed that life grows when supported. He once said that that is what the clinic offered – it gave people time and support, and life could then grow and follow its own path. His point of arrival was always seeing the person in front of him – how they moved, how they spoke, where they wore their jewelry, what color their nails were painted.

Mike taught me that clearing obstructions can be done with or without an acupuncture needle. He taught me that we are all constantly “treating each other,” that life is constantly “treating us” – if we can allow it.

“In Daoism it is all partly a joke. The ego-reality we all clasp so seriously is much more episodic and magical than we know.” MIKE

Thank you to everyone who has contributed to this newsletter. For more information, contact Jo Ann

Lenney at WhatsApp at 1-914-498-0031 or joannlenney@outlook.com