

What is Auricular Acupuncture?

Acupuncture detoxification is a modality that assists recovery in many ways.

- Its biochemical action assists endorphin production for capacity to cope with stress and cravings.
- It assists the body's natural detoxification and chemical production to relieve withdrawal, craving, and other post-acute withdrawal symptoms.

Psychologically it acts as a balancing component of an overall treatment program.

- Physical and mental issues addressed no longer just psychosocial strategies.
- Clients internal resources are strengthened for enhanced sense of vitality and well-being.
- Helps the individual strengthen their acceptance of the potential to stay clean.
- Client can experience internal relief from craving without external factors.

Is especially effective for clients who:

- May not be receptive initially to verbal counselling due to use or withdrawal.
- Are in denial and need to become more accepting of the need to be drug free.
- Are in emotional distress, i.e. anxiety, depression, acute or post-acute withdrawal.
- Need a simple non-threatening yet structured opportunity to begin coping with chemical issues engaging in a more formal treatment program.

What are the unique benefits of auricular acupuncture for addiction?

Effective across all addictive substances.

- Outcome and anecdotal clinical reports indicate effectiveness with the commonly used addictive substances and combinations of substances. Other interventions often only target specific drugs of choice.

Effective throughout the treatment and recovery process.

- Originally developed for detoxification, the NADA (National Acupuncture Detoxification Association Inc.) protocol has since shown efficacy when used in pre-treatment harm reduction settings, throughout stages of treatment, and as a relapse prevention/support intervention.
- It is consistent with 12 step recovery.

Effective along the continuum of care.

- It has successfully been integrated with a wide range of addiction treatment models, including those utilizing medications.

Treats the whole person, body, mind, emotions, spirit, just as addiction impairs the whole person.

- It has a comprehensive, not compartmentalized effect.

It is non-verbal and non-performance.

- Most other treatment interventions are both.

It elicits immediate and long term effects.

- With the exception of medications administered, few treatment processes yield any immediate relief to the suffering-most offer promises of future improvement.

It is paradoxically even more effective with the clients who are 'hardest to treat.'

- Effective intervention for persons who are dually diagnosed, chronic, criminal justice mandated, violent, etc.

It is consistent and relatively safe, and it is balancing and not-symptom, syndrome dependent.

Acupuncture helps the development of a meditation-like state.

- Patients become comfortable with their own thoughts.
- Patients become comfortable with their own physical processes
- Patients learn to 'let go' of tension and preoccupations.
- Auricular acupuncture treatment in a group setting creates an environment which is reassuring and validating
- Patients learn that their private, internal process can be a source of strength and renewal.

There are two components to auricular acupuncture treatment.

- A balancing process occurs almost immediately so that the patient is more receptive to the message of the treatment.
- Very anxious patients usually fall asleep during acupuncture.
- Tired, apathetic patients report an increased sense of vitality during and immediately after with treatment.
- Most people experience a relaxing and centering feeling.
- As the number of treatment sessions increases, the patient will feel relatively harmonious most of the time
- The actual 'message' component of an acupuncture treatment often has a delayed onset of several hours.
- As the patient becomes more balanced and receptive, this message becomes more effective over a longer period of time.