



Our growing experience with
the NADA acupuncture
method in Swiss Romand

Sylvie Wyler: Acu Dip Rosement Ca

Eleanore Hickey: Acu Dip Geneva

Matthew Epps: Acu Dip Oregan
USA



Swiss Romand or Romandy

- The French speaking part situated on the west coast of Switzerland
- Cantons: Geneva, Vaud, Neuchâtel, Jura and the french speaking parts of Valais, Fribourg and Bern
- Approximately 1,5 million or 20% of the Swiss population



NADA ear acupuncture protocol

- Emerging as an integrated component to already existing programs for alcohol / drug dependency and mental health disorders
- Demand for NADA ear acupuncture training increasing over the last two years



Cery Hospital CHUV, Vaud

- Ear acupuncture method introduced in 2000
- The therapy is used for inpatients on the alcohol / drug dependency wards
- Length of stay approximately 3 weeks
- Continue as an outpatient twice a week



Courses NADA acupuncture protocol

- Courses NADA ear acupuncture protocol at Cery psychiatric hospital Lausanne
- Health care professionals from different institutions in the region
- Courses given at the institution's request to train 12–15 members of the nursing / medical team since 2007



Malévoz Hospital Valais

- Since 2007 several members of the nursing and medical team trained in the NADA method
- The aim is for all healthcare professionals to use the protocol
- Used to treat drug dependence
- Two staff members treat patients twice a week



Healthcare in the Valais

- Affiliated with the official programme of accredited courses in the region of the Valais
- NADA auricular acupuncture course is officially recognised by the healthcare authority
- Numbers of professionnels training is increasing



Nant Hospital East Vaud

- First nurses to train in the NADA method 2005
- Now the whole team is in the process
- NADA is used in the general psychiatric ward
- Clients are treated twice a week in groups
- Feedback is very positive



Phenix Clinic Envol Geneva

- The medical director, a junior doctor and several members of the nursing team trained in the NADA method
- Feedback very positive



Yverdon Hospital North Vaud

- For the moment NADA treatment is given on an individual basis
- Feedback is very positive



Belmont Clinique Geneva

- Sophie Nicole director of Belmont Clinic where the french film on the NADA protocol was made

Reasons for making the film:

- NADA acupuncture trainers request
- Testimony from clients who experienced it as part of their recovery in the region

Welcome



CLINIQUE
BELMONT

TRAITEMENT DES ADDICTIONS
ET DES TROUBLES ALIMENTAIRES

TREATMENT OF ADDICTION AND EATING DISORDERS

Organisation



CLINIQUE
BELMONT

EATING DISORDERS

Anorexia, boulimia, compulsive overeating

SUBSTANCE ABUSE

Alcohol, cocaine, heroine, benzodiazepines (medication), cannabis ...

OBSESSIVE COMPULSIVE BEHAVIOUR

Compulsive spending, gambling,

Compulsive affective and emotional,

Sexuality, work

Organisation



CLINIQUE
BELMONT

3 TYPES OF SERVICES:

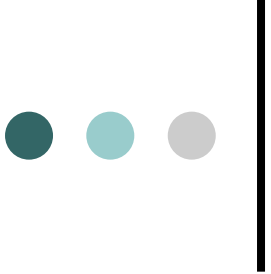
- In-patients
- Day Care patients
- Out-patients

**> PATIENTS WITH BASIC HEALTH INSURANCE
ARE COVERED**

Organisation



**CLINIQUE
BELMONT**



NADA ACUPUNCTURE PROTOCOL

- All members of the nursing and para-medical team trained in the NADA method

Includes to date:

- 15 nurses
- 10 Psychologists
- 12 Nursing assistants
- 3 members of the administrative team



Organisation of the in-patient services

- 24 hospital beds
- NADA is obligatory for all our patientes from admission for the whole of their hospital stay

- Duration of session is 45 mins

2 rooms available:

- **Room A:** calme sombre atmosphere, music, silence is obligatory



Organisation of the in-patient services

- **Room B:** with a couch, lighting, and the possibility to chat or read tranquilly.
- On average 10 patients are present in each room at every session



Organisation of the in-patient services

Since June 2007 in total:

- 18,900 NADA treatments given
- 182,000 needles used
- 2,500 beads used
- 1,100 Patients



Organisation of in-patient services

- One session a day
- Obligatory for the first 3 weeks
- Afterwards 2 sessions a week
- Possible to increase the number of sessions on request



Organisation of day care services

- One session a week
- The group sessions are not obligatory
- Sessions last 45 minutes.
- Patients who request more than one session can join the hospital patients



Organisation of day care services

- Since June 2007 in total :
- 145 Patients
- 1,200 NADA treatments
- 12,000 needles used
- 500 beads



Organisation of out-patients

- Out-patients are welcome to join the hospital group for NADA therapy
- The sessions takes place every day at 13h00



Observations:

Substance dependent clients have:

- Shorter periods of withdrawal
- Reduced aggression
- Reduced craving



Observations:

Patients suffering from chronic depression:

- Improved state of wellbeing
- Patients are generally more alert
- Participate more actively in their care and treatment
- Need for in reserve substances is reduced
- Request that their treatment be reduced



Observations:

Patients with anorexia /boulimia:

- Reduced nervous twitching
- Reduced anxiety
- Reduction in symptoms of depression
- More calm and serene



Observations:

In general, following NADA ear acupuncture therapy:

- Patients are more receptive
- They participate more actively in the dynamiques of the workshops



Thank you for
listening