



BAREFOOT
ACUPUNCTURE MOVEMENT

Acupuncture Detoxification Specialist

TRAINING PROGRAM

GET TRAINED IN ACUDETTOX

Fulfills didactic and intern requirements for therapists/nurses/health/harm reduction workers to become Nationally Certified as Acupuncture Detoxification Specialists (National Acupuncture Detoxification Association - NADA ear acupuncture providers)

WHAT WILL STUDENTS LEARN?

How to apply a standardized ear acupuncture protocol and establish community-supported services to treat addictions, stress, anxiety, PTSD, depression, and psychological and emotional trauma.



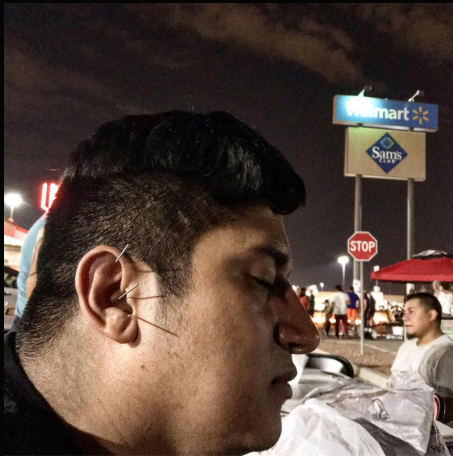
"Evidence-based and highly engaging..."

"I count this training as one of the best clinical experiences of my career."

– SUZANNE STERN BRANT, LICENSED
CLINICAL SOCIAL WORKER



NADA Ear acupuncture (Acudetox)



Barefoot Clinic site: NADA acupuncture at El Paso
Shooting, Wal Mart, 2019

Register for Training

What we teach

- Application of a standardized ear acupuncture protocol for use in behavioral health/addictions/harm reduction as well as for trauma/humanitarian aid/disaster response.
- Clean Needle Technique and gentle auricular acupuncture skillsets
- Best practices for managing community acupuncture, NADA ear acupuncture groups, and treating multiple patients in one setting
- How to set up, integrate and sustain of NADA ear acupuncture into a community health setting
- Science, research and history of acupuncture for trauma, mental health and addictions
- Fundamental skills and knowledge for working within addictions recovery
- Cultural competency in cross-cultural settings
- Sustainable community health development

Program Benefits

- APA/AMA rates drop
- Successful completion rates improve
- Client and staff satisfaction improves
- Incident reports decrease
- PRN medication and dose increase requests decrease. Medication compliance improves
- Clients engage more deeply in therapeutic activities

Clinical Effects

- Relaxation
- Stress Reduction
- Craving Reduction
- Withdrawal Symptom Reduction
- Mental Clarity
- Increased Sense of Purpose/Wellbeing
- Better Sleep
- More Energy
- Less pain



BAREFOOT

SCHOOL

Who We Teach



NURSES AND DOCTORS

COMMUNITY HEALTH
WORKERS AND
CORRECTIONAL OFFICERS

COUNSELORS AND
SOCIAL WORKERS

FIRST RESPONDERS
AND HUMANITARIAN
AID TEAMS

ACUPUNCTURISTS,
EDUCATORS AND
ORGANIZERS

Students receive:

1. Crossroads/Barefoot Acupuncture Movement' Online NADA acudetox training library (Spanish and English)
2. Recordings of all trainings, access to all power points, and subscription to Crossroads/Barefoot Acupuncture Movement' complete YouTube Channel
3. Mentoring from Crossroads/Barefoot Acupuncture Movement up through certification/licensing
4. 1 year NADA membership, subscription to Guidepoints: News from NADA, and all benefits of NADA membership (learn more at acudetox.com)
5. Support in locating a mentor to assist with long term professional development in the fields of acudetox and community acupuncture

Take our online
webinars

OUR TEACHERS

JEAN PAUL DEDAM, MD

A Family Medicine doctor who is also board certified in Medical Acupuncture, Jean-Paul grew up on the coast of Maine and did his medical training at Greater Lawrence Family Medical Center in Lawrence, Massachusetts with a focus on healthcare for the underserved. After residency, he moved with his wife Tamara to New Mexico to work for Indian Health Service at ACL Hospital. While in medical school, Jean-Paul started Herman@s Por la Salud, a nonprofit working in Nicaragua to address the socio-economic determinant of health. Along with Tamara, they still run Hermanos from their organic farm, Micelio in Carazo, Nicaragua. Hermanos was one of the supporting partners behind Barefoot Acupuncture Schools in Mexico and in Nicaragua. He and Tamara live in Albuquerque, NM with their niece Patricia.

NANCY ORTIZ GONZALEZ, MA

Nancy holds an MA in Psychology and has worked as a psychologist since 2007. She has extensive experience in Human Resources within non profit and international humanitarian aid organizations. Nancy lives with her family in Ciudad Juarez, Mexico, where she volunteers in her parish church leading choir, in social ministry, and offering NADA acudetox and community acupuncture after mass and as part of refugee care within Diocesan migrant shelters.

RYAN BEMIS, DOM

Ryan has over 20 years of experience working in community health and outreach. He is licensed as a Doctor of Oriental Medicine and as a Supervisor for behavioral health programs using acupuncture in New Mexico. He is a Registered NADA acudetox trainer and has trained over 450 health workers in the border region and in North and Latin America. His past counseling and acupuncture organizing, teaching, and clinical experience includes working within jails and drug courts, U.S. military and VA healthcare, Catholic Charities, disaster relief in response to the El Paso shooting, as well as refugee migrant care, addictions, indigenous and homeless healthcare.

*"I used to just be a housewife.
But now I am a Barefoot Health
Promoter. Now I can learn other
things to improve on myself.
Now I take time for myself, to
love myself, so I can be there for
anyone who needs my help"*

– CECY

Barefoot Health Promoter, Ciudad Juarez, Mexico

LEARN MORE

*"Barefoot Health Promoters
is a prime example of how
acupuncture services can
take root in communities*

in distress that require additional medical resources.

*This community organization provides acupuncture
services to the people and, as importantly, trains others
to become acupuncture providers so that the health
services can be greatly expanded over time."*

– DR. SUBHUTI DHARMANANDA

Ph.D, Founder and Director, The Institute for
Traditional Medicine and Preventive Health Care, Inc.
(ITM)





HOW DOES IT WORK?

This style of acupuncture is known to activate the vagus nerve. It also stimulates the release of endorphins, the body's natural opiates, and helps regulate serotonin and dopamine, the brain chemicals involved with addiction.

It provides deep relaxation and helps restore internal harmony, which supports the patient in their own process of recovery. Research supports the use of Acudetox to improve retention rates, reduce program costs and reduce recidivism.



SETTINGS WE PREPARE STUDENTS TO WORK WITHIN

REFUGEE CARE

COMMUNITY HEALTH

CORRECTIONS, JAILS,
DRUG COURTS

BEHAVIORAL HEALTH

HARM REDUCTION

DISASTER RELIEF

ADDICTIONS RECOVERY

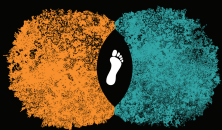
PSYCHIATRIC CARE

HUMANITARIAN AID AND
DEVELOPMENT

DETOX AND HOSPITAL
SETTINGS

LEARN MORE

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IMPACT:

Training refugee volunteers in acupuncture



Yarberry M. The Use of the NADA Protocol for PTSD in Kenya. Deutsche Zeitschrift für Akupunktur 2010;53:6-11.

SETTING



UNITED NATIONS REFUGEE CAMP
IN UGANDA

CONTEXT



POST-ELECTION VIOLENCE

STUDENTS



21 COMMUNITY HEALTH WORKERS
FROM REFUGEE CAMPS

TEACHERS



2 ACUPUNCTURISTS

MODEL



NADA EAR ACU DETOX

SUPPLIES



100,000 NEEDLES

OUTCOMES



18,000+ TREATMENTS
6 MONTHS
FOR DISPLACED REFUGEES
AFTER ARMED CONFLICT

Barefoot Acupuncture Movement (BAM) partners with underserved communities to build resiliency through acupuncture. BAM is an umbrella project within Crossroads Acupuncture, a 501c-3 nonprofit organization whose mission is to make healthcare accessible and affordable to people of all income levels through the support of local communities.



Our Mission



BAREFOOT
ACUPUNCTURE
MOVEMENT





RESILIENCE

from DISASTER to
DEVELOPMENT

The Barefoot Acupuncture
approach to community trauma

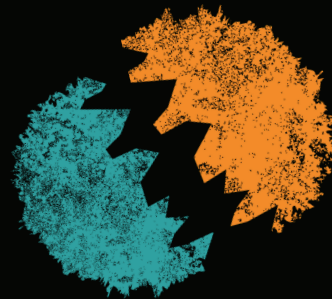
DISASTER

Underserved groups facing disaster, trauma and violence confront a challenging road ahead as global disparities increase.



PARTNERSHIP

We walk with local leaders and humanitarian aid projects as they learn how to offer acupuncture as a support to their culture and economy. We train their community health workers on how to offer healthcare on their own feet.



RELIEF

Barefoot Clinics offer trauma-informed care as stress management support for survivors and first responders. We mobilize disaster response by setting up group based acupuncture.



COMMUNITY DEVELOPMENT

As we step back, we teach community health workers how to step forward and offer their own trainings. Each partnership allows us to identify social strengths, to build on local capacities, and to support their initiatives for long term recovery.

WHERE WE WORK



LEARN ABOUT OUR UPCOMING IMMERSIONS:

SIGN UP FOR OUR NEWSLETTER

BAREFOOTACUPUNCTUREMOVEMENT.COM

Acupuncture Solidarity Immersion: coming in 2022/2023

GET TRAINED IN ACUDETUX

Apprentice alongside local community workers.

SERVICE LEARNING

Learn about the root causes of social and health problems in Guatemala while volunteering within barefoot clinics serving rural and indigenous groups.

CROSS-CULTURAL

Build relationships with communities affected by injustice and poverty.

OUR LOCAL PARTNERS

This immersion is in partnership with Guatemalan Village Health (GVH), a medical aid project serving the Livingston / Atlantic coast area of Guatemala for over 10 years. GVH hosts immersions for doctors and nurses twice per year.

WHY TRAIN COMMUNITY HEALTH WORKERS IN ACUPUNCTURE TECHNIQUES?



50% of the world lacks access to basic healthcare and depends on local community workers for their healthcare.

The Barefoot Acupuncture Movement's proven, step-by-step curriculum, and hands-on training puts best practices like NADA ear acupuncture and moxa protocols in the hands of these essential workers. We teach them to offer basic, simple, and safe protocols for the most underserved people in their community.

Our Vision

A more socially diverse global acupuncture workforce by mobilizing disaster response and engaging in grassroots community development within underserved regions.



BAREFOOT
SCHOOL



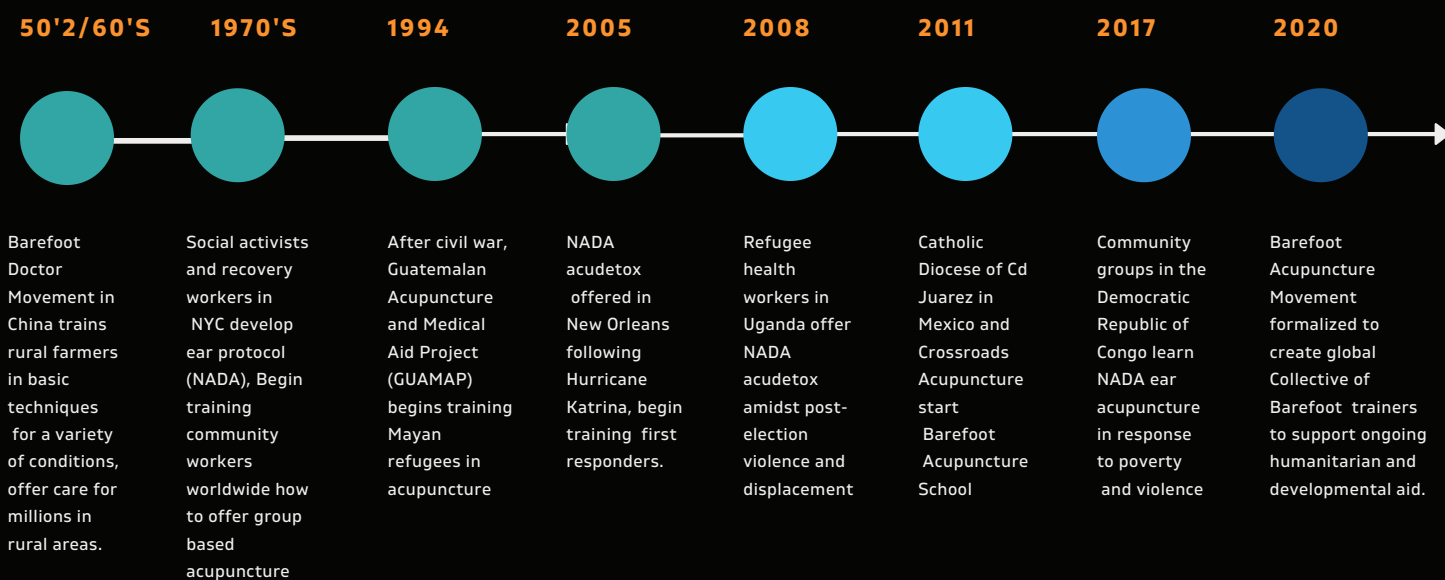
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Our Roots



"If I think about love as the unselfish and benevolent goodwill for one another, the Barefoot Acupuncture Movement's work is an expression of this. By sharing knowledge and experience with others, we hope they will be more resilient and autonomous, better positioned to navigate their own course into the future."

-- Megan Yarberry
Coordinator for Africa
Co-founder Barefoot Acupuncture Movement

ADS standards of competency

These competencies are considered the minimum skills that must be demonstrated to become an Acupuncture Detoxification Specialist. The trainee will further develop each of these skills as she or he begins to apply the training in a treatment setting. This is true whether the competency is the speed of inserting needles or achieving a greater level of sensitivity towards clients.

1. Able to perform at least 20 treatments during a 4-hour period with good point location and technique.
2. Able to explain the uses and limitations of the treatment.
3. Able to demonstrate sensitivity, compassion and respect for clients.
4. Able to understand the communal treatment effect and maintain an appropriate atmosphere.
5. Able to demonstrate clean needle technique.
6. Able to demonstrate familiarity with research and outcome results of NADA programs.
7. Able to demonstrate understanding of and to comply with, the limited scope of practice and other ethical principles.
8. Able to demonstrate understanding of the implications of role of auricular acupuncture for addictions and behavioral health in the larger treatment context.
9. Able to write chart notes re: status, treatment given and client response.
10. Able to demonstrate understanding of the adjunctive nature of acudetox and the importance of collaboration and communication with the treatment team.
11. Able to demonstrate recognition of the psycho-spiritual nature of recovery and respect and support the client's internal process.
12. Able to modify treatment appropriately (e.g., fewer needles, shorter retention) and to respond to adverse clinical situations should they occur.
13. Able to demonstrate understanding of addictions and the NADA protocol from the perspective of basic concepts of Oriental medicine (Qi, yin/yang, empty fire).