



**BAREFOOT**  
ACUPUNCTURE MOVEMENT

# Certified Trainer

APPRENTICESHIP PROGRAM FOR ADVANCED MOXA AND ACUPUNCTURE EDUCATORS

## LEARN HOW TO TEACH THE BAREFOOT ACUPUNCTURE MODEL

to Community Health Workers serving  
on the front lines within under-resourced  
communities.

## JOIN OUR FACULTY

for our international Barefoot Schools,  
and volunteer in our global projects.

## APPRENTICE

within our peer-based global Barefoot  
Collective of mentors and mentees

*"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



*“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)



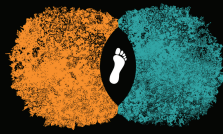
## Our Mission

We partner with underserved communities  
to build resiliency through acupuncture.



**BAREFOOT**  
ACUPUNCTURE  
MOVEMENT





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ACUPUNCTURE MOVEMENT

*"The use of community health workers has been identified as one strategy to address the growing shortage of health workers, particularly in low-income countries."*

– THE WORLD HEALTH ORGANIZATION  
[Learn more here](#)



## 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.

# Certified Barefoot Trainer

## APPRENTICE PROGRAMS

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### BAREFOOT COMMUNITY ACUPUNCTURE TRAINER

Experienced community acupuncturists and educators specializing in distal protocols, Tan-Tung style and Balance method.

Learn to develop and adapt customized capacity building programs tailored to the needs of community health workers and front-line nurses and health specialists.

Core curriculum developed in our community acupuncture school for health promoters in Ciudad Juarez, Mexico.

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### BAREFOOT EAR ACUPUNCTURE TRAINER

For experienced Acupuncture Detoxification Specialists, NADA trainees, and acupuncturist providers.

Offering NADA ear acupuncture / Acudetox training in limited countries, states and territories.

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### BAREFOOT MOXA TRAINER

Special advanced apprentice path for Doctoral acupuncture students.

Teach techniques developed by MoxAfrica.

Apprentice opportunities with Bob Quinn, DAOM.



### Minimal Qualifications to Apprentice:

- Experience working in international community health settings
- Experience in fundraising and/or grant-writing
- Completed all Barefoot Acupuncture Movement coursework ([learn more](#)).
- Current active membership in the Barefoot Collective



[BAREFOOTACUPUNCTUREMOVEMENT.COM](http://BAREFOOTACUPUNCTUREMOVEMENT.COM)





"It is a common experience in the U.S. to meet acu-students who are motivated by a vision of acupuncturists as enlightened spiritual beings who dispense ancient wisdom. Students with this view are often on personal spiritual journeys and see acupuncture school as a pathway along their journey and are often disillusioned to discover the reality of clinical practice.

I did not see this with the students in Ciudad Juarez. The students appeared to have a genuine desire to use acupuncture as a tool to serve their community and families."

– DAVID LESSEPS  
Barefoot Trainer  
in Mexico



# Volunteer Opportunities

FOR ACUPUNCTURE PROVIDERS,  
EDUCATORS AND ORGANIZERS

## REFUGEE CARE

Learn how we empower local and outside aid groups to care for migrants and displaced groups.

## HEALTH PROMOTION

Qualified acupuncture educators may teach one class, or work towards an apprentice path to be part of our Barefoot School faculty.

## DISASTER RELIEF

Service learning for how acupuncture and moxa is used to bridge the gap between humanitarian aid and long term development.

## COMMUNITY ACUPUNCTURE FOR COMMUNITY DEVELOPMENT

Integrating acupuncture into grassroots recovery and long-term economic and health development for marginalized groups.

**DONATE TO OUR GLOBAL CAUSES**  
**SIGN UP FOR OUR NEWSLETTER**  
**TAKE OUR ONLINE COURSES**



## Solidarity Immersions

**LATIN AMERICA AND AFRICA**

### GET TRAINED IN ACUDETUX

Apprentice alongside local community workers.

### SERVICE LEARNING

Learn about the root causes of local problems while volunteering within barefoot clinics abroad.

### CROSS-CULTURAL

Building relationships with communities affected by injustice.

#### **UPCOMING IMMERSIONS:**

SIGN UP FOR OUR NEWSLETTER AT [BAREFOOTACUPUNCTUREMOVEMENT.COM](http://BAREFOOTACUPUNCTUREMOVEMENT.COM)



[APPLY HERE](#)



BAREFOOT  
COLLECTIVE

## Benefits of Joining Our Team

### LEADERSHIP DEVELOPMENT

Around disaster relief, community development, and humanitarian aid.

Become a part of our mobilization team for disaster relief.

### MENTORSHIP

Learn how to build a sustainable program, build your confidence and improve cultural competency by mentoring with experienced organizers.

### FUNDRAISING SUPPORT

Expand your skills and leverage your own social networks.

Gain support from experienced organizers for your project planning.

### GLOBAL PEER SUPPORT

Together with local leaders and social entrepreneurs, we learn, grow, and work through our blind spots, towards conscious leadership.

### CONTINUING EDUCATION CREDIT

Up to 30 hours per year.  
NCCAOM credit for Acupuncturists.



*"I found a community that embraced me, that disregarded my American "need" for personal space and instead swallowed me up in togetherness like a hug I didn't ask for but deeply, deeply needed. I found the long lost sister; both of us forever changed by the greater Influences that surround us, but none the less family."*

– MALLORY HARMAN, LAC

Barefoot Acupuncture Apprentice

**READ ABOUT** Mallory's experience volunteering in Ciudad Juarez, Mexico  
in this feature story within Medicinal Roots Magazine



# BAREFOOT SCHOOL

## Who We Teach



*"We need to work on teaching  
how to deliver health care by  
teaching the science of delivery,"*

– PAUL FARMER

Take our online  
webinars

NURSES AND DOCTORS

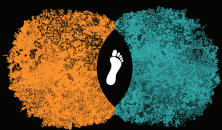
COMMUNITY HEALTH  
WORKERS

COUNSELORS AND  
SOCIAL WORKERS

FIRST RESPONDERS  
AND HUMANITARIAN  
AID TEAMS

ACUPUNCTURISTS,  
EDUCATORS AND  
ORGANIZERS





## 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

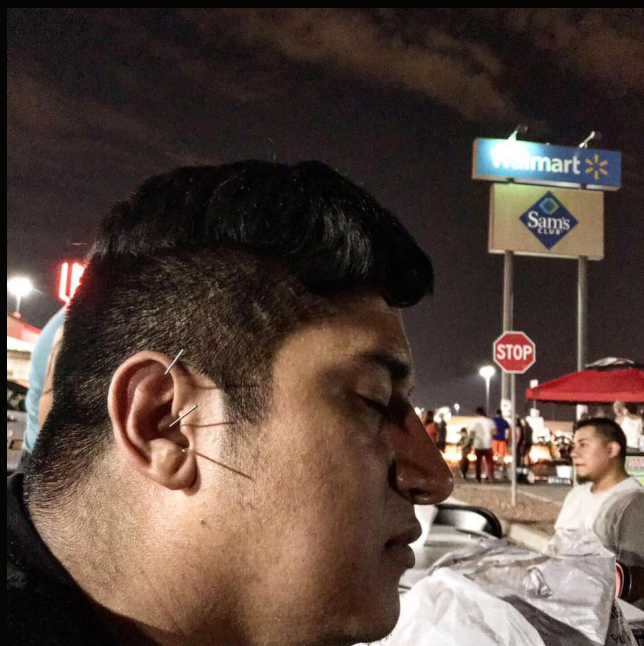


100,000 NEEDLES

## OUTCOMES



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



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

MAKING ACUPUNCTURE EDUCATION  
MORE ACCESSIBLE TO BLACK,  
INDIGENOUS AND PEOPLE OF COLOR

## NADA Ear acupuncture (Acudetox)

PRE-REQUISITE: Apprentice  
Program for prospective Barefoot  
Trainers

Webinars and Online Training, starting  
at \$25 per class:  
[barefootacupuncturemovement.com](http://barefootacupuncturemovement.com)



BAREFOOT  
SCHOOL

[BAREFOOTACUPUNCTUREMOVEMENT.COM](http://BAREFOOTACUPUNCTUREMOVEMENT.COM)

Start your path to  
becoming NADA-  
trained today



# RESILIENCE

from DISASTER to  
DEVELOPMENT

The Barefoot Acupuncture  
approach to community trauma

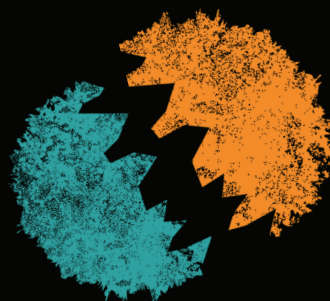
## DISASTER

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.





# Why "Barefoot"?

## "FEET" on the ground

People on the ground in a given place are able to offer care for their own community.

Our model strives to make acupuncture a preferential option for the poor.

*"Because Community Health Workers are more accessible and acceptable to clients in their communities, they are expected to improve the overall coverage of services as well as equity, i.e. increased service use by poorer individuals and households"*

– THE WORLD HEALTH ORGANIZATION

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## Our Vision

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



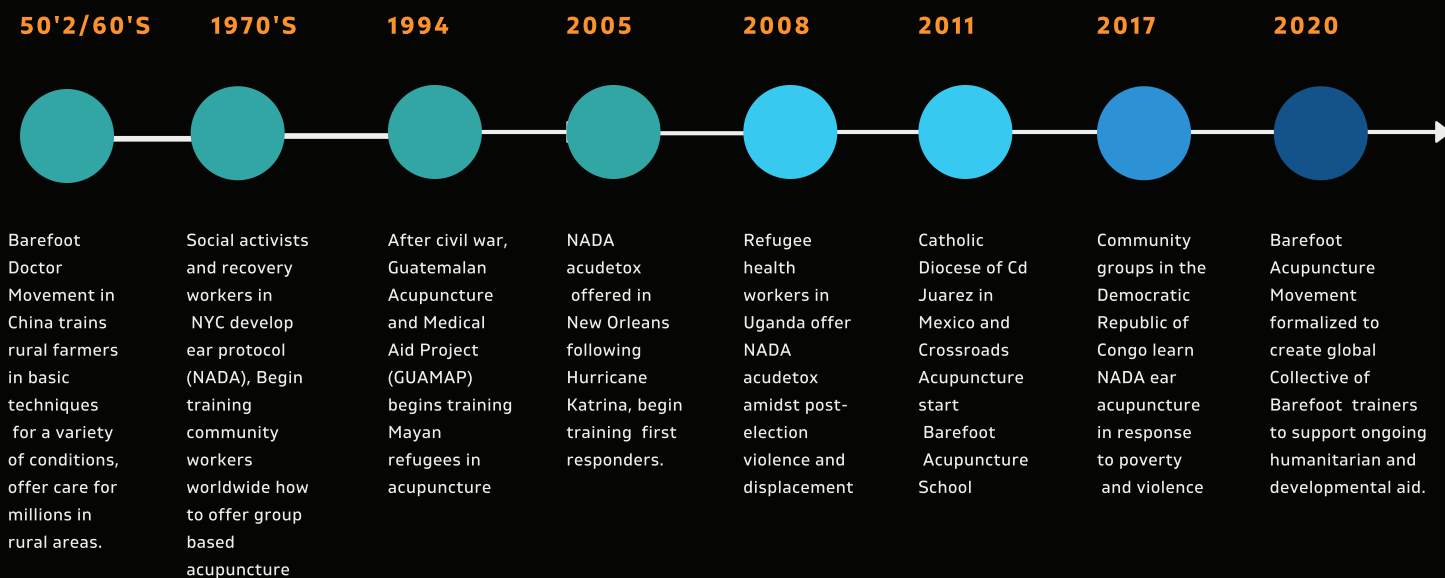
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# Our Roots



*"I sought out mentorship from similar acupuncture projects for health promoters in Central America and Africa. They encouraged me to focus on sustainability by training the local people. So that's what I did. I stepped out of just being a healer, I pivoted out of the rescuer role, and handed over the tools to the people."*

**— RYAN BEMIS**

**CO-FOUNDER, BAREFOOT ACUPUNCTURE MOVEMENT**

2018 Commencement Address, Graduation at the Oregon College of Oriental Medicine