Crossroads Online Acudetox Training Program

- For health providers to use towards their Acupuncture Detoxification Specialist (ADS) training requirements
- Intro classes also open the general public
- Starting at $25 per class*
- Classes available throughout the week
- You can register and pay online at [http://crossroadsacupuncture.com](http://crossroadsacupuncture.com)

What you will learn in Crossroads acudetox training program

- Fulfills didactic educational requirements for therapists/nurses/health/harm reduction workers to become Nationally Certified as Acupuncture Detoxification Specialists (NADA) as well as state certification in New Mexico, Colorado, Texas, Arizona, and 22 other US states (email crossroadsacu@gmail.com for a complete list of states that allow this certification for non-acupuncturists.)
- Students will learn application both in behavioral health/addictions/harm reduction as well as for trauma/humanitarian aid/disaster response.
- Clean Needle Technique and gentle auricular Best practices for managing community acupuncture, NADA ear acupuncture groups, and treating multiple patients in one setting
- First step for acupuncturists interested in becoming NADA ear acupuncture trainers
- Science, research and history of the application of acupuncture for trauma, mental health and addictions
- Simple, fundamental skills and knowledge for working within addictions recovery
- Cultural competency in cross-cultural settings; Sustainable community health development

Costs for students:
Total:
- $465 ($435 for students)* paid per class

*Assumptions:
- internship is proctored by Crossroads at a local site in El Paso/Cd Juarez Border Region
- Webinars are taken according to Crossroads’ schedule. Webinars scheduled in bulk/packages for specific groups would require a separate quote and advanced coordination

"Crossroads Acupuncture offers an amazing auricular acupuncture course and NADA certification. The class was bilingual which added greatly to the overall experience. Ryan’s presentation was evidence-based and highly engaging. The prep material laid the groundwork for an exceptional learning experience. I was fortunate to complete my internship in Mexico. I count this training as one of the best clinical experiences of my career. As a social worker, I gained deeper insights into cultural humility and the strengths-based perspective discussed in my academic training. Ryan is an excellent teacher, trainer, and social justice warrior."

– Suzanne Stern Brant, Licensed Clinical Social Worker
Internship experience with Crossroads

- Crossroads has multiple sites in a variety of clinical settings in the El Paso/Cd Juarez, Mexico region.
- Including trauma, humanitarian aid, refugee care, homeless care, harm reduction, opiate use and pain management, addiction, veteran's care.
- Most of Crossroads students complete internship in 1 day.
- Internship may also be arranged at an approved site by a trainer, acupuncturist or ADS outside our region.
- Intern opportunities will be limited per region and per intern site availability per quarantine and home shelter orders.
- Additional costs will be incurred if Crossroads is required to travel to an intern site outside of our region.

Students receive:
1. Crossroads' Online NADA acudetox training library (Spanish and English)
2. Recordings of all trainings, access to all power points, and subscription to Crossroads' complete YouTube Channel
3. Mentoring from Crossroads 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

About acudetox: NADA Ear Acupuncture or Acudetox can help reduce cravings, insomnia, drug dreams, anxiety and depression during addictions withdrawal, as part of prevention for at risk groups, and can be used to help prevent relapse. Acudetox is extremely cost-effective and safe and has no medication interactions or adverse side-effectives. It is applied internationally within psychiatric care, as well as humanitarian aid/disaster relief. This training will prepare students to practice in all types of settings.

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 opiate, 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.
ADS Online Training Format

- 70 hours total to complete ADS requirements
  - 30 hours of didactic
  - 40 hours of supervised internship

Online portion:
- Completes 23 of the 30 required didactic hours online broken into 4 modules.
- These online courses will be designed to support apprenticeship towards competency in all areas of the ADS standards.

Online Module 1: Introduction to the NADA Model:

Overview: What is NADA and acudetox? How does acupuncture fit into community recovery and wellness? This is an intro to NADA course for program administrators, students, and health providers.

Prerequisites: NONE
COST: $25 for a four hour live webinar if taken according to Crossroads’ regular schedule of online courses. Individually crafted courses for groups and individuals require a separate quote.

Course details

- Learn about how NADA ear acupuncture functions as a group-based behavioral health intervention
- History of NADA in the US, and internationally
- A deep look at the NADA Model for recovery developed at Lincoln Hospital, South Bronx
- Research on NADA ear acupuncture for community health
- Oriental Medicine perspective on acudetox for addictions, harm reduction and trauma
- Spirit of NADA, nonviolence, and social justice in the field of public health acupuncture and community acupuncture
Online Module 2: Technique and location

Overview: What are the NADA ear protocol points? How do you apply the NADA ear acu technique in a group setting? This course is for students working towards an apprenticeship as an Acupuncture Detoxification Specialist. If you want to be working in the field applying the NADA technique for your patients, this class is the next big step for you in that direction.

Prerequisites: Those who have completed Module 1 Intro to the NADA model

COST: $190 if taken according to Crossroads’ regular schedule of online courses. Individually crafted courses for groups and individuals require a separate quote.

Includes:
- Four hour live webinar
- Materials: needles, practice model ear
- Official enrollment as an ADS apprentice
- NADA associate membership for 1 year
- Access to mentorship

Course details
- Best practices in operating an ear acupuncture group
- Risk reduction, Universal precautions, Clean Needle Technique when working as a health provider in applying group based ear acupuncture
- Contraindications and complications in the application of acudetox
- Point location for the five NADA points.
- You will learn gentle, rapid, painless insertion techniques

Online Module 3: Acupuncture as a behavioral health intervention

Prerequisites: NONE

COST: $25 for a four hour live webinar, if taken according to Crossroads’ regular schedule of online courses. Individually crafted courses for groups and individuals require a separate quote.

Course details
- Integration with other health services
- Recovery, self-help, and harm reduction
- Adverse Childhood Experiences
- Addictions, trauma, psychiatric health
- Simple screening tools for working in addictions
- Humanitarian aid
- Limitations of NADA
- Collaboration with other providers

Crossroads intern offers acudetox at school in rural Nicaragua
• Case studies in culturally competent behavioral health and humanitarian aid programs

Online Module 4: Starting and Sustaining an acudetox program

Prerequisites: Those who have completed Module 1 Intro to the NADA model

COST: $25 for a four hour live webinar if taken according to Crossroads’ regular schedule of online courses. Individually crafted courses for groups and individuals require a separate quote.

Course details

• Getting support from NADA’s international group of mentors to support your goals
• Advocacy for public policy, regulatory concerns and scope of practice
• All the nuts and bolts you will need for admin, charting, materials, and paperwork.
• Barrier-free Intake and informed consent
• Building support for creating the program of your dreams
• How to create a pilot proposal
• Evaluation methods and outcomes tools
• Online resources
• Communication, and empowerment skills for outreach, advocacy, marketing and public health education on the integration of NADA ear acupuncture into a community health setting

In person practice training day

• COST: $150 if proctored by Crossroads in the border region if taken according to Crossroads’ regular schedule of courses. Individually crafted courses for groups and individuals require a separate quote.
• You will be working with other students in how to needle in a group setting
• This will be scheduled in accordance with safe social distancing practices, per regional limitations
• 1 day of face to face instruction (scheduled as an all day face to face class)
• 7 hours of face to face instructional hands on needling instruction

Supervised Internship:

• COST: $50 if proctored by Crossroads in the border region, and if taken according to Crossroads’ regular schedule of intern opportunities. Individually crafted internship experiences for groups and individuals require a separate quote.
• 40 patient treatments and/or hours supervised by qualified and approved health provider
• If outside of the border region, internship will be arranged by Crossroads and the student through the support of NADA. Internship details will be reviewed in thorough in Module 2
About the Training Program

Crossroads Acupuncture, a 501-c-3 organization has trained over a 250 providers in Acudetox since 2011, and has helped communities in the border region provide over 80,000 treatments primarily within underserved areas. This course contributes to the qualifications necessary to use this technique to treat addictions in the US. After training, we support students up until certification, including an optional portion of the 40 hour supervised internship within programs serving the homeless, low-income/marginalized communities as well as addictions and refugee care in the border region. Crossroads will teach you how to set up and sustain an acudetox clinic within a public health setting is also included as part of the cost of the training. The cost also covers training materials, a training manual, and access to our online acudetox library. See registration form for more details. Click here to learn about Crossroads’ NADA Registered Trainer, Ryan Bemis.

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. NADA reserves the right to deny a Training Completion Certificate to anyone who, in the opinion of Ryan Bemis, the NADA Registered Trainer for Crossroads, does not fully demonstrate these minimum skills.

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).
Articles/Essays on Crossroads' training program

"A Million Tiny Daggers," Essay within Acid West, by Joshua Wheeler


Qiological Podcast: Interview with Crossroads Acupuncture on our training program and Liberation Acupuncture: https://qiological.com/acupuncture-borderlands/?fbclid=IwAR0ZimoySICWhAxcjV-BluJRZPhQIR_5k20yDgsKh23miGlsEygYAsp78

Madness Radio /Will Hall interview with Crossroads Acupuncture on our training program in The Sierra Tarahumara area of Mexico: https://www.madnessradio.net/borderlands-acupuncture-herman-garcia-ryan-bemis-madness-radio/
