

The Chi Farm Acupuncture Clinic, Publications and Seminars

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Acudetox Fact Sheet for Maryland Addictions Treatment Providers

- Acudetox involves the gentle placement of five small, sterilized, disposable, stainless steel needles into specific sites on each ear of the person undergoing treatment.
- The Acudetox treatment is a non-verbal process that does not require extended interviews or disclosure of extended personal information.
- Clients report significant decreases in cravings, physical withdrawal symptoms, relapses, inpatient admissions, anxiety, insomnia and agitation.
- Approximately 1,500 centers on every continent utilize this protocol daily. About 1/3 of all drug court programs in the US utilize some form of acupuncture for addictions.
- The treatment service is immediate, tangible and visible to the person who has entered the program for the first time, and can be provided as an initial treatment before this person has established confidence and trust with the counseling staff.
- Acudetox is not a replacement for conventional addictions treatment, but rather an adjunctive process that allows the other components to become more effective.
- The Acudetox treatment helps participants become relaxed and more comfortable with his or her own thoughts, enabling patients to experience a sense of “letting go” of tensions and apprehensions, and supporting quiet participation in a group setting with others who are involved in the process of recovery.
- Acudetox assists counselors by allowing the clients to be more relaxed, cooperative and focused on the present, provides a helpful intervention even while the client is in denial about his or her need for treatment, and assists clients in remaining present during assessments.
- The client is able to become comfortable in relationships with others and his or her self.
- The treatment is effective regardless of the client’s level of motivation and at the same time opens doors so that other program components can be more effective.
- As a holistic method, each of the needles helps to open up possibilities on the body, mind and spirit levels.
- The National Acupuncture Detoxification Association (NADA) is committed to providing training and certification in the Acudetox 5-needle protocol to a broad range of healthcare professionals.
- Maryland law allows for the training and certification of addictions counselors (CPC-AD, CAC-AD, CSC-AD, LCADC), licensed nurses, licensed psychologists who work directly with clients of chemical dependency programs and licensed certified social workers – clinical.
- These healthcare professionals work under the supervision of a licensed acupuncturist who is responsible for assuring competency of the Acupuncture Detoxification Aide. This supervision is not generally on-site.
- For further information on establishing an Acudetox program in your facility and/or receiving training, please contact Dave Wurzel at The Chi Farm.