Using the NADA protocol for relaxation and sleep disorders in alcohol detoxification

NADA Eireann European Conference 2011
Meeting Needs With Needles
DUBLIN - IRELAND
23th September 2011

Jorma Paalasmaa
Finland
The NADA/Finland

- almost 700 members
- training since 1996
- plenty of NADA protocol specialists work in the public sector
My work and me

- Hangonkatu Detoxification Rehabilitation Centre (Hangonkadun kuntoutuskeskus)

- the Social Services Department, the City of Helsinki

- trained physiotherapist, BSc in Physical Education and BSc in Behavioral Sciences

- the NADA protocol is my main working method

- full-body acupuncture is one of my working methods
Cerebral Neurotransmitters

- endogenic opiates
- dopamine
- serotonin
- endorphins

"Acupuncture stimulates the release of serotonin, but not dopamine, in the rat nucleus accumbens."

A vicious circle and paradox

- Alcohol is a depressant, sleep disturbances increase, and alcohol abuse increases.
- Alcohol causes sleep disturbances that are treated with alcohol, and alcohol use increases sleeping problems...

"The use of sleep medicines"
National Institute for Health and Welfare (Finland) 11.5.2009
Advantages of the NADA protocol

- easy to implement in a group
- no requirements for special clothing, space or equipment
- peer support from other participants
- helps to commit to other drug treatments
- minimal complication risk
- produces a pleasant, relaxed feeling without drugs!
The tenth cranial nerve or the Pneumogastric Nerve (Nervus Vagus)

- acts as a sensory nerve in parts of the earlobe and the external auditory meatus
- is an important parasympathetic nerve of the organs of the thoracic and abdominal cavities
- branches to, for example, the lungs, heart, stomach, liver, pancreas, spleen and kidneys
The NADA protocol group sessions 1

- several sessions weekly
- firstly information about the NADA protocol
- relaxation guidance: relaxing muscles, erasing mind from thoughts, pleasant thoughts, music
- needle phobia is treated by introducing needles one by one
- taking care of my own ergonomics
The NADA protocol group sessions 2

- needles are collected by me
- in the end we talk about the emotional reactions
- in case of great phobias individual treatment is used
- regular group visits in outpatient treatment are easy to continue
Musculoskeletal pains, the Pain Gate

“A background to acupuncture and its use in chronic painful musculoskeletal conditions.” [Review] [100 refs]

White P.

Mark Johnson, 2001
Feedback

- feedback has been positive
- deep, somnolent state of relaxation
- pleasant, unique experience
- positive mental images
- without intoxicants!
Affects to sleep

- going to be bed earlier than usual
- sleeping "around the clock"
- falling asleep early without sleep medicines
- sleeping well until the morning
- even the NADA protocol does not have an effect on everybody
Positive chain-thinking

Using the NADA protocol
→ normalizing the vital functions
→ increased relaxation
→ improved feeling of mental and physical wellbeing
→ falling asleep more easily
→ the refreshing and empowering feeling of sleep.

*It is easier to make decisions when you are well rested, for example, to reduce alcohol consumption and turn your life into a positive direction.*