

International News From NADA - Spring 2026

Two More NADA Practitioners for NADA/GB



Sarah Clifford is seen here with her two most recent trainees, Alice Bradshaw and Jenny O’Kelly. Sarah is a NADA GB Trainer and has been a NADA Practitioner for more than 25 years. During that time, she has witnessed surprising results.

Sarah worked at an out-patient hospice and, while there, treated not only the patients but also the staff. She realized that the staff needed treatment as much as their patients and started giving them NADA acupuncture and watched as they visibly relaxed – their treatments became weekly. She also worked on the Grenfell Project and at the Jesuit Refugee Centre where as she said, “It was astounding to see the magic happen.”

And the new NADA Practitioners are:

Alice Bradshaw

After attending a NADA talk and demonstration and experiencing the ear beads for myself, I was immediately drawn to this technique as a non-verbal treatment for trauma. I am an Emotional Freedom Technique (EFT) practitioner. EFT, or tapping, is a self-help method to manage stress,

trauma and pain. The NADA protocol could be really helpful as an adjunct to my EFT practice, especially in cases where someone is unable or unwilling to verbalize their problems.

I can see how deeply beneficial NADA will be as I move toward in-person clients. I now use EFT as a volunteer with cancer patients at a hospital, and I plan to offer NADA as well. Hopefully it can be incorporated into the alternative therapy offered there.

Jenny O'Kelly

Over the years, I have attended many holistic and energy-based trainings, and I am currently training to be a kinesiologist. When I was introduced to the NADA protocol, the more I learned about it, the more I knew it would beautifully complement the work I do.

I previously worked in a London prison as a Safer Custody Manager and often reflect on how valuable NADA would have been at that time. I hope to be able to return to prison settings in the future to support those struggling with addiction.

I am so glad I chose to train with Sarah Clifford. Sarah's pace and teaching style are incredibly supportive, and she genuinely fills you with confidence.

Sarah offers her graduates an 8-week catch-up meeting after the training. She says, "It's something that I always do. I started it after the first training, I think to make sure that the new Practitioners are happy with what they are doing and that they feel confident in their ability. Otherwise I feel some might slip through this wonderful net."

During the training, she encourages the students to do their own ears – it's something they practice together. As she tells us, "I always think even if they don't end up using it much with work, having this wonderful healing modality that you can use at any time is such a gift – for themselves and their family and friends."

"NADA is a gift. Patients are very needy but it is hard to give them anything. It's hard to give something to people who have low self-esteem – they don't know how to accept anything. Acupuncture looks like you're bringing something from the outside, but what the patients are getting is the ability to use parts of their own mind and spirit that they weren't able to use before. Talking leaves no room for ambivalence or shame – NADA acupuncture is a better way to reach people – it gives them a part of themselves that was always there." MIKE

NADA Continuing Education Assistant Project *by Wolfgang Weidig*



The NADA trainers at their 2026 trainers' meeting: a lively and successful gathering

This January, at the invitation of the German NADA board, all trainers and colleagues from the NADA office met in Berlin. Topics included optimizing the organization's processes, training and course content, the use of magnetic beads, and the exchange of scientific findings. A particular focus was the "NADA Continuing Education Assistant" project, which we launched three years ago. I would like to elaborate on this topic in my article.

The fact that the NADA protocol has primarily been adopted in Germany's in-patient healthcare system is mainly due to legal reasons, as only doctors and alternative practitioners are authorized to perform acupuncture in Germany. All other professional groups require a physician's delegation. While the necessary facilities are available in all hospitals, most outpatient clinics and counseling centers lack this delegation.

The first nurses trained in the NADA protocol were the staff of the Agethorst Rehabilitation Clinic (later the Bokholt Specialist Clinic), where, starting in 1991, drug withdrawal using only acupuncture was successfully implemented. Delegated by the clinic's physician, they were able and legally authorized to decide independently on the use of acupuncture when a patient complained of cravings or withdrawal symptoms. They observed that NADA was effective and that they themselves, not just the patients of the addiction clinic, benefited from it.

Learning the NADA protocol has significantly enhanced the professional image of nurses for many and has led many German addiction clinics to follow suit and undergo NADA protocol training. Currently, more than 180 clinics and treatment facilities are members of NADA. These are by no means limited to addiction clinics, but include many other clinics across the entire psychiatric spectrum.



Currently, 25 trainers throughout Germany offer open courses and in-house training: these are courses designed to train entire teams on-site. In 2025, NADA trainers conducted 208 courses with a total of 3,552 participants, primarily from the inpatient healthcare sector. NADA training comprises two courses: a basic course in which everything necessary for applying the NADA protocol is learned and practiced, and a supervision and final course. The training concludes with a practical and theoretical examination. Those who complete both courses and provide evidence of practical treatment can receive a certificate from NADA that is valid for five years.

Wolfgang with Michael Hase, a member of the Scientific Advisory Board of NADA, at the Berlin trainers' conference

What has changed in recent years?

Four years ago, we extended the validity of the certificate from three to five years. At the same time, we increased the quality requirements for certificate renewals. Anyone applying for a new certificate after five years must now provide proof of participation in a refresher course. While the trainers offer in-person refresher courses and online courses via Zoom, there were good reasons to explore additional new avenues.

Our goal was not only to raise the quality standard but also to ensure the continuous implementation of the NADA protocol within the institutions. This was a task we, as NADA trainers, couldn't accomplish because we can't intervene in the structures of a hospital. Such a thing can only be achieved from within.

In response, we developed the NADA Fortbildungsassistent (NFBA) project – the NADA Advanced Training Assistant project. This enables NADA member institutions that operate according to the NADA protocol to plan and conduct their own refresher courses in the future. This offers many advantages for a hospital, but also for NADA.

NADA offers a qualification program to become a NADA Continuing Education Assistant (NFBA). Prerequisites include: a valid certificate, regular work with the NADA protocol, and the approval of the hospital management for this task. An authorized and responsible individual, appointed by the hospital management, has the opportunity to structure the NADA program within the hospital without their competence being called into question.

The employee is qualified and authorized by NADA to offer refresher courses within their own institution. We believe it is important not only to give this person organizational tasks, but also the opportunity to actively take on continuing education responsibilities. This enhanced role helps manage the continuity of implementing the NADA protocol.

As expected, the majority of applicants were nurses. The NADA Continuing Education Assistant project has now been running for approximately three years. We have qualified over 100 colleagues from a wide variety of hospitals and institutions throughout Germany.

The result sounds promising: To participate in the project, more clinics have applied for NADA membership. In some clinics, the project has helped to revitalize the NADA protocol. Trainer and board member Sieglinde Wilz has even gained the impression that the project is increasing the NADA spirit in the clinics.



At the time of the writing of this article, Wolfgang was sending warm greetings from the cold west coast of the north of Germany. Now that Spring is here, we can think back fondly – and warmly – on this beautiful scene. And we can look forward to Wolfgang’s next contribution when we will read more about the use of magnetic beads. Wolfgang told us recently

that he “was particularly interested in the application of the Magnetic Pellets to Retro Shenmen.” In his clinic, they “used the pellets extensively and successfully because they helped patients get through the day more easily. They are becoming increasingly important in our courses because they are quick and easy to use and have proven to be very effective.” That sounds a lot like what Dr. Smith has told us:

*“Magnetic beads do well because:
they’re popular,
they’re legitimate,
and they work.”*

And More NADA/GB Practitioners – This Time for Scotland & Wales



Lynn Erasmus is the founder of Pathfinder CIC in Perth, Scotland. Pathfinder is an integrative wellness program supporting individuals affected by trauma, socio-economic challenges and mental health struggles. It recently had its second anniversary and was visited by Scotland's First Minister John Swinney. He noted that: "Pathfinder's trauma-informed approach offers a genuinely supportive environment for people dealing with anxiety, trauma, and burnout. The care and thought that goes into their work is evident, and it is making a real difference in the lives of many across Perthshire."

Lynn is a trauma-informed hypnotherapist, mindfulness facilitator and a NADA Trainer. She recently trained **Anita Davies**, a British and European Judo Gold Medalist who has been blind since birth. Anita travelled from Wales to Perth to learn the NADA protocol.



While most practitioners rely on their eyes, Anita uses what she calls "tactile sight." By feeling the topography of the ear, she creates a 3D map in her mind. This allows her to place needles with a level of precision that many sighted practitioners envied during the training.

Anita has recently taken up the role as Sight Loss Council Engagement Manager with Wales Council of the Blind. The Sight Loss Council is for and about people who are blind and partially sighted having a voice through areas such as Health, Wellbeing, Arts and Culture, Sport and Transport.

Anita says, "I am so excited and pleased to be involved in setting up the Sight Loss Council for Wales. It not only enables me to bring all of my skills to the table but it also enables you to be part of something that can make a difference not only to your life but to the lives of blind and partially sighted people." Hopefully her newly acquired skill as a NADA practitioner will help to make that difference. As she said, *"I've flown planes and won gold medals; now, I'm here to serve. You don't need sight to have vision, and Pathfinder CIC has the vision the rest of the country needs right now."*

Anita seems to be intuitively in line with NADA's founder, Dr. Michael Smith, who told us: "What's important is the process of finding the point, the involvement of you as a human being. The primary thing is your energy, not the needle or the bead – they are a conduit. We should use imagination and intuition. Remember: Nature wants us to get it right. MIKE"

Anita and Lynn will both be presenting at the upcoming London conference.

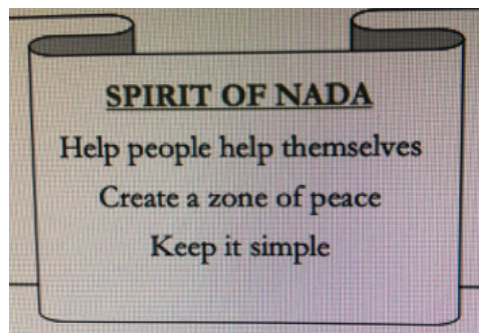
Greetings From NADA GB for 2026 — They're Back!!



It's that time of year when we start to look at the upcoming conference on October 24, 2026. It has been very inspiring reading the international newsletters and keeping up to date with what everyone is doing. Our theme for the conference, inspired by the work that you are doing, and the work that we are planning to do, is:

NADA'S Vision

Echoing a quote from NADA founder, Dr. Michael Smith, in his international newsletter from over 20 years ago – the message still resonates:



"We've done a great deal to get to this point where we can proceed further. But to do so, the knowledge needs to be handed off and that is not always easy. But we must begin to plan how it can be done. Yes, I really appreciate what we've done so far but I appreciate even more what we might do. Now is the time."

Some of This Year's Speakers



Natascha Neben is a midwife, family midwife, naturopathic practitioner and registered nurse. She supports people who are facing special challenges – most of them are pregnant women and women with their children, but she also works with fathers.

"As I once learned from Michael, in my everyday work it is often about Keep It Simple, because my work with NADA often happens on the go."

Natascha will be talking about the use of NADA acupuncture in her daily practice. For many years, she has successfully integrated NADA acupuncture into this work. She

often uses gold-plated magnetic beads – they have delivered remarkable results in stabilizing mothers emotionally and physically. And she adds, “What’s more, this method can also be applied directly to newborns immediately after birth. The outcomes I have observed are striking. With minimal time and resources, these treatments yield profound benefits.”

Natascha practices in a neighborhood youth center, in refugee accommodations, and in her own practice in Hamburg, Germany. She uses NADA for birth preparation and during the postpartum period. This year, she is developing a NADA course specifically for midwives. In her presentation, she will focus on the use of NADA in strengthening stress resilience and supporting families in everyday life, as well as working with parental mental-health challenges in outpatient settings.



NADA continues to grow in many places. NADA/GB co-founder, **John Tindall**, will talk about NADA’s work in South and Central America. And he will introduce **Mauricio Galeano** and **Diana Rocio Sanchez**, co-founders of NADA/Colombia. After much time and effort, NADA/Colombia was formed in 2025. Mauricio and Diana will be sharing the journey of NADA/Colombia and the efforts made to integrate NADA into community mental-health initiatives.

Last year, NADA/Colombia completed the first study applying the NADA protocol with psychiatric patients – the results were presented to the Ministry of Health and published on the NADA/GB



website. They have combined NADA with clinical psychology and integrative approaches to create high-impact interventions to help restore mental clarity, emotional regulation and family cohesion. Mauricio’s presentation will be Regulating the Nervous System, Heart Rate Variability and Transforming Communities. He will share:

The results of the clinical study and lessons learned;

How NADA can be applied at a community and family level; and

NADA Colombia’s vision for a global movement that integrates NADA into preventive mental health and cultural change.

The goal of Mauricio, Diana and their colleagues is to demonstrate how the NADA protocol can expand beyond clinical settings and contribute to healthier, more resilient communities.



John recently returned from Ecuador when he completed another NADA training. Two of the trainees were psychologist **Andrea Fernández Hontou** and **Dr. Juan Sebastian Benitez** who are taking the lead on developing NADA in Ecuador. They will be

speaking about their work with Kimirina, an HIV charity, and with the Shiwiar people, an indigenous ethnic group that inhabits the Ecuadorian and Peruvian Amazonia.



Trish Cathcart will be talking about using NADA with the Trauma Talks Program, a program designed by Fritzi Horstman from the Compassion Prison Project in the U.S. to recognize and address the impact of adverse childhood experiences in incarcerated men and women.

Trish has introduced the NADA protocol into all the prisons in Northern Ireland. Veterans in prison are now receiving NADA regularly at a mental health hub – she trained a staff member to give the treatment to them in Magilligan and Maghaberry prisons. And she is hoping to be getting NADA into the Police Service of Northern Ireland.

The use of NADA during the Trauma Talks program was inspired by Jason, a recovery coach at the prison, who suggested it. In December, he was trained in the administration of the beads, and he can now give these to other prisoners – and to staff – in all their various residential locations across the prison estate.

Trish has also trained Liam, another recovery coach, who left custody and is now living well in the community – he comes back into prison to work alongside Trish in a paid role, giving NADA treatment to others. They also work in the community with a service-user support group and a family-member support group which he co-facilitates and where he gives NADA to the participants. According to Trish: “Working alongside a person with lived experience is the way forward.”



Another trainer helping to get NADA into the police service is **Ralph Raben**. Ralph is seen here receiving an award from Dr. Smith for being a “Pioneer Acupuncturist and Prolific Trainer.” Although Ralph has retired from the board of NADA/Germany, he continues being a “Prolific Trainer.” This year, Ralph Raben and Christiane Kutter have

already completed NADA trainings for three psychiatric hospitals and, in March 2026, they trained 14 police officers for workplace health management in Hamburg.

Ralph told us that: “Like firefighters, police officers are constantly exposed to stress and, according to the authorities, should receive NADA treatment, either individually or NADA typical in groups, whenever they need it or in addition to burn-out therapies. What I didn't know is that they are under constant, massive stress when investigating crimes against children: the images are traumatizing!”

At Lincoln Recovery Center, the local police would come for treatment – but they came in the side door. We didn't ask for names or identification – just gave them the NADA treatment. As Mike said, the only requirement for treatment was to walk in the door and ask for help.

Happy Anniversary to NADA/Austria



Ralph Raben will be going to Graz, Austria, on September 25, 2026 to help them celebrate the 20th anniversary of NADA/Austria – the celebration will take place in the original old university building, constructed in 1585. Ralph told us that “NADA/Germany helped found NADA in Austria and Michael also visited to lend his support.” Michael visited NADA-Austria in 2012 for a couple of days, and, a year later, Austria hosted the NADA-Europe

conference – probably the first NADA meeting to take place in a monastery downtown Graz. Ralph added that there is a lot of demand for NADA in Germany, Austria and Switzerland.



Sigrid Schönegger will share some of the highlights of the recent September 2026 celebration of NADA/Austria's anniversary. And she will show a short documentary film illustrating the practical integration of NADA within an organization offering comprehensive counseling, support and treatment services for individuals with psychosocial distress and psychiatric disorders. The film highlights how NADA is embedded in daily institutional practice and delivered in both group and individual settings. Sigrid's presentation will provide an overview of the implementation of NADA in various psychosocial and psychiatric care settings in Austria.

“Point of grace is to discover something that is already there.” MIKE

News From the Philippines



Janet Paredes, founder of NADA Philippines, sends greetings to her NADA family. She wanted to share with everyone the news that she has received her Master's in Social Services and Development. Her thesis was titled:

“Healing People, One Needle at a Time: The Lived Experiences of NADA Acupuncture Detoxification Specialists in the Philippines.”

Congratulations, Janet, and thank you for all the work you've done helping

spread NADA. Janet completed her 61st training last year in December – with more on the way.

... and News From New Caledonia



Vanessa Top has said that “NADA is the connection to the big NADA family around the world. It is a link that unites and nourishes us.” Unfortunately, she won't be able to join us at this year's conference in London, but she wants us to know that:

“NADA continues its path in New Caledonia.”

Vanessa is the founder of NADA in New Caledonia, first using NADA in addiction treatment and, since the end of 2022, in psychiatric units. She tells us:



“NADA is supporting the human being in its unity and balance without removing anything from the person;

NADA helps people find their own force, to be kind, to feel empathy and benevolence toward themselves;

NADA is the bond, the connection to oneself and to others, the connection of the caregiver to the patient; and

NADA is Mike O. Smith”



To open the conference, we are hoping to engage the services of someone we all have known for quite a while now. **Reubs** has been one of our first teachers on how to use the magnetic beads. He then added music – and in particular the drums – to his portfolio.



Another one of Reubs' talents is football – he is seen here with his latest trophy in that arena.

But, at this year's conference, the aim is for Reubs to be concentrating on his musical skills – to be entertaining and inspiring us by playing *Yellow* by the British rock band Cold Play. Reubs would also be available for magnetic bead instructions, but, unfortunately, football is prohibited at the venue.

This year's NADA/GB's conference will be held in the Sarah Fell Room at The Friends House, Euston Road, London.

Places are limited to about 100 delegates. To book a place, contact Ewan or Sarah at info@nadagbacupuncture.co.uk. In the United States, please contact Jo Ann at joannlenney@outlook.com or 914-498-0031.

NADA/GB has arranged discounted accommodations at the Tavistock Hotel, 48-55 Tavistock Square London WC1H 9EU. Double sole-use room is £209.00 per room per night, including Buffet English Breakfast and VAT at the prevailing rate. Contact the Central Reservation Office at +44 (0) 207 278 7871 or info@imperialhotels.co.uk, quoting the reference "NADA."



Carlos Alvarez and Nancy Smalls send their best wishes for a great conference. Carlos was there at the beginning of the Lincoln Recovery journey starting in 1970, and Nancy came a short time later in 1973. They probably have more conferences under their belts than most of us combined and are very sorry not to be here for this one, but, as always, will join us in spirit.

"NADA meets every year or so to have sympathetic goals but not rules."

MIKE

Thank you to everyone who has contributed to this newsletter. For more information, contact Jo Ann Lenney at WhatsApp at 1-914-498-0031 or joannlenney@outlook.com.