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My first experience of the NADA protocol was at The Core Trust in London in 1992 when I came into recovery for my own substance misuse issues. I have never forgotten how powerful the protocol was in helping me manage my anxiety and withdrawal symptoms.

I have now been working in the field of addictions, mental health and complementary therapy for over 20 years and have 16 years' experience as a practitioner and 5 as a teacher of the NADA protocol.

As a non-verbal treatment I have seen how the NADA protocol crosses barriers that the spoken word cannot, and thus is ideal for those who have suffered trauma, loss or addiction.

As a manager within services, I understand that establishing a thriving therapy in a service is more than just training and I love to support management and new practitioners as they set up their clinics. Auricular acupuncture, set up well, is a key element of a trauma informed approach. My ambition is to establish clinics in all addiction recovery services and any organisation which offers support to those affected by stress, anxiety and trauma.

Gabriella can cover Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, Suffolk and beyond