

Gabriella Angus



I first came across the NADA protocol when I was a client at the Core Trust in 1992 and was immediately struck by its effectiveness to promote relaxation. Since then I went on to work in a variety of roles within the drug and alcohol treatment field and in 2007 I was fortunate to train as a NADA practitioner.

I have since introduced a regular NADA clinic in each of the places I have worked and have witnessed some phenomenal results. In each case it seems to bring about a deep relaxation which is often surprising for the client. I currently work in a Yoga and Holistic Therapy centre and am in the process of setting up a regular NADA clinic for our clients here.

As a tool for relaxation I would like to see the NADA protocol being available to all sectors of the community. In the fast-paced society that we live in it is an excellent tool for dealing with stress and anxiety.

To my joy, NADAGB eventually started training more trainers and I became a NADA Trainer. It is my hope that I will have the opportunity to pass on this amazingly simple, yet profoundly effective protocol to many others.