

**Rachel Peckham** MSc.LicAc.MBAcC

**Trainer for London and HM Prisons**

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**My passion for the NADA protocol began the first day I started work as a volunteer acupuncturist in 1994 at The Core Trust, a London rehab programme.**

**I was invited to have the NADA acupuncture along with The Core's clients in the group acupuncture session. During and afterwards I experienced a sense of calm but also a connection with the group and the whole centre. This continues to be what I observe 20 years on, through teaching this protocol and helping organisations set up NADA services.**

**After training and becoming a NADA practitioner, I delivered the treatment most days at the Core Trust for nearly 5 years. I went on to coordinate the NADA group sessions there (held every day, including weekends), and became a NADA Trainer in 1999.**

**Since then I have trained health care staff who work for drug and alcohol organisations, prisons, mental health centres, cancer care environments, veterans rehabilitation, accident and emergency and a secondary school, amongst others.**

**I believe this treatment has such a valuable place within many communities in recovery, and simply as an aid to helping with the stresses of daily life.**

**I feel privileged to continue to work as a trainer and pass this skill on to healthcare practitioners who can offer this to their clients as part of their toolbox of skills.**

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## **Volunteer work**

**I volunteer with World Medicine, an acupuncture charity that sends volunteer**

acupuncturists' to provide treatment for people in countries that have experienced catastrophic situations and/or poverty. During a recent trip to India, I trained hospital staff in a small village in Gujarat to provide ear acupuncture treatment to aid pain management for the local people.

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### **Speaking engagements**

Lecturer on ear acupuncture for various acupuncture colleges, and regularly deliver seminars on the topic.

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### **Memberships & Qualifications**

- Full Body Acupuncture: Westminster University. MSc (includes a study on the role and impact of the NADA protocol at the Core Trust)
- NADA Practitioner (1994)
- British Acupuncture Council (1993)