

Alternatives

Treatment works best when part of an overall package of care. In addition to undertaking auricular acupuncture other sources of help can include:

- One—to-One talking treatments
- Structured Groupwork
- Self-help groups
- Hypnotherapy
- Physical activity

Interested?

If you would like to find out more about auricular acupuncture at YAAS or book an appointment, please discuss this with your key worker.

Auricular Acupuncture will be offered on a one-to-one basis and in a group setting. We will be offering two drop-in acupuncture groups per week. Please see the notice board in the waiting room for further information.

YAAS

The Lodge
63 Bootham
York YO30 7BT

t: 01904 652104
f: 01904 652104
e: office@yaas.info
w: www.yaas.info

Auricular Acupuncture (Ear Acupuncture)



Information for Service Users

York Alcohol Advice Service
is a registered charity
no. 700394

Introduction

Auricular acupuncture is the stimulation of acupuncture points on the surface of the ear.

The practical application of acupuncture in substance misuse treatment evolved at New York's Lincoln Hospital in the 1970's.

It was found that there were consistent clinical benefits from using five acupoints as a treatment for detoxification.

The aim of the "5 Point Detox Protocol" is to relieve withdrawal symptoms, reduce cravings, induce general relaxation and enhance physical and mental well-being.

Auricular acupuncture is appropriate at all stages of drug treatment. The stages being: preparation to detoxify, detoxification, relapse prevention and maintenance.

How does it work?

The process of auricular acupuncture involves the insertion of very fine needles into the ear, at the five specific points.

The points are linked to other areas of the body and by stimulating these points, changes in the body's chemicals and signals to the brain can be altered.

Preparation for treatment

- Please have a light meal before the treatment and refrain from drinking any alcohol.
- A consent form will be filled in with the Auricular Acupuncture Practitioner
- Acupuncture cannot be carried out without a completed consent form.
- A chair will be provided and both ears will be cleansed with a swab.
- The needles will be inserted in the ear initially for 20 minutes and then up to 30 minutes for any future treatments.
- The needles will then be removed and placed into a sharps bin.

Benefits

- Reduced physical cravings
- Relaxation
- Reduction in anxiety levels
- Potential "feel good" factor
- Enhanced sleep pattern

Risks

- Slight bleeding may occur on removal of the needles
- Lowering of blood pressure is possible and may cause dizziness
- There are relatively rare complications that you will be given more information about when you complete a consent form