

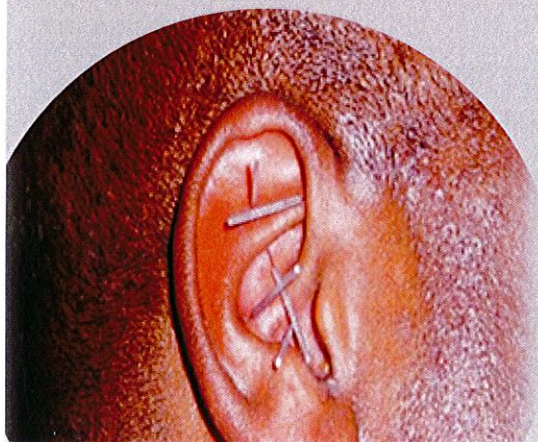
## What will this do for me?

The 5 points are all designed to:

1. Keep you calm and relaxed.
2. Help aid your motivation.
3. Keep anxiety at bay.
4. Improve your wellbeing.

## How does it work?

Simply put, the acupuncture needles stimulate nerves that go straight to the parts of the brain that have been imbalanced by the use of drugs, alcohol and trauma. It works towards returning the brain chemistry to normal.



Sessions are held every  
Thursday at 2.00pm, Please ask  
your Keyworker and Counsellor  
for more details.

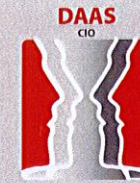
### Contact

☎ 01246 206514

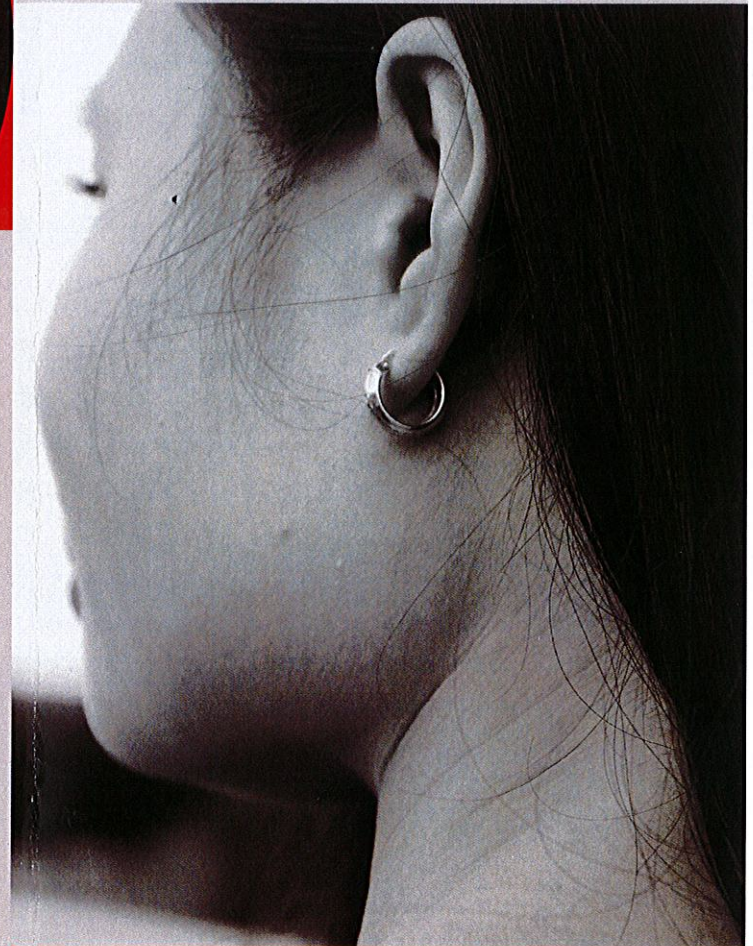
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## Auricular Acupuncture Treatment



Working together to support  
recovery from substance use



Derbyshire  
Recovery  
Partnership

## Auricular Acupuncture Treatment

### What is ear acupuncture?

Ear acupuncture has traditionally been used to support people with addiction either on a one to one basis or a group.

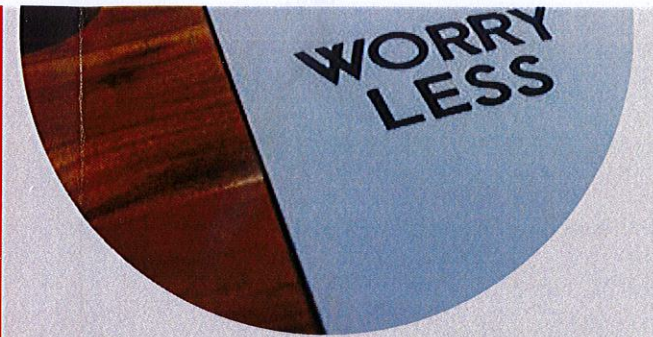
It involves putting 5 very fine needles into certain points of the ear followed by sitting quietly for 40 minutes at which point the needles are removed.



### The benefits....

- Improves wellbeing without the use of chemicals.
- Stress could be greatly reduced.
- You may sleep better.
- Panic attacks may be more manageable.
- May reduce withdrawal symptoms.
- You could experience less anxiety and feel calmer.
- You could be more energetic.
- You may feel like engaging in more treatment options.
- It may help you co-operate better with others.
- It could make you feel less hostile in situations you struggle with.
- Its possible you will feel relaxed like you haven't for a while.
- It could result in reduced medications.
- You could feel more in control.

\*Please remember that this is a tool used alongside other things that can keep you well the benefits of auricular acupuncture are proven by research. If you have any other questions you can ask your practitioner.



### Frequently asked questions:

#### What actually happens?

Once you give your consent your ear will be checked for its shape to see where the needles will go. You will be provided with a wipe to clean your ear and hands. The needles are then placed into your ear one at a time whilst being guided with your breathing. Then you will be asked to sit and relax for 40 minutes with someone in the room at all times.

#### Will it hurt?

The needles designed for this treatment are very fine. Sometimes it will pinch a little but the sensation is a brief and SMART UK members are taught the quickest and most painless way of giving this treatment.

#### Will I bleed?

You will not bleed when the needles go in. You may bleed a little when the needles are removed, this is quite normal and you will be given a cotton wool ball to wipe your ears.