

## Group Acupuncture Therapy

@ Old Chapel

**Dates: Mondays**

4/11, 4/18, 5/2, 5/9, and 5/16

**Time: 12 - 2pm, by appointment**

Each treatment lasts ~40 minutes

**Fee: \$30 for 5 sessions**

(\$6 per session)

### Before Attending Group Acupuncture Therapy:

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Please have something to eat, even if it is only a snack.

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Please try not to have coffee, cigarettes, drugs or alcohol for about one hour before treatment.

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Please refrain from wearing perfumes or other scented products that may cause allergic reactions in others.

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### Meet the Acupuncturist

Emily Rieffel is a graduate of Swarthmore College (*BA*) and the New England School of Acupuncture (*MAOM, Chinese Acupuncture and Chinese Herbal Medicine*).

Emily holds a professional license to practice acupuncture in the State of New York (L.Ac.) and national board certification in Oriental Medicine (*Dipl.OM, National Certification Commission for Acupuncture and Oriental Medicine*). She is also certified as an AcuDetox Specialist through the *National Acupuncture Detoxification Association (NADA)*, and is a member of *Acupuncturists Without Borders*.

Emily has had extensive experience treating a wide range of internal medical conditions at her private practice, *WomanCare Acupuncture & Herbs*, as well as in several cutting-edge integrative medical settings. These include *Pathways to Wellness/AIDS Care Project, Fenway and Dimock Community Health Centers, Shattuck Hospital, and the Ithaca Free Clinic*.

# GROUP ACUPUNCTURE THERAPY



Supporting the Union Community  
with complementary care for:

SMOKING CESSATION

STRESS RELIEF

ANXIETY

DEPRESSION

INSOMNIA

TRAUMA

GRIEF

## Who Can Receive Group Acupuncture Therapy?

All members of the Union College community are welcome to attend. The clinic is especially aimed at offering supportive, complementary care for smoking cessation, stress relief, and mental health and wellness.



## What Can I Expect?

This is a community-style auricular (ear) acupuncture clinic. This means that people are treated in a quiet, peaceful group setting, sitting fully clothed in a circle. An experienced, NYS Licensed Acupuncturist inserts very fine, sterile, single use stainless steel needles just under the skin in 5 specific areas of both ears.

Individuals sit quietly and rest with the needles in their ears for about 40 minutes. Needles are then removed and the treatment is over.

Acupressure techniques are available for those who do not wish to be treated with needles.

## What Will I Feel?

You may feel a small pinching sensation as the needles are inserted just a millimeter or two into the skin of the ears. Any discomfort should ease quickly. If you continue to feel uncomfortable in any way, raise your hand to notify the practitioner and the needles can be removed or adjusted.

Once the needles are in, you may experience a relaxing and refreshing effect, warmth, throbbing, or electrical sensations from the needles. These feelings are normal. You may become sleepy and even take a short nap. After the treatment you may feel rejuvenated, nourished, and relaxed. Repeated treatments often have a cumulative and more lasting effect.



**Please remember that acupuncture is an excellent complement to -- not a substitute for -- standard medical care and mental health supports. If you need assistance finding appropriate medical care, we will be happy to help direct you.**

## How Does It Work?

Acupuncture has been used for thousands of years in traditional Chinese medicine. According to traditional theory, illnesses or problems of the body, mind and spirit all reflect blockages in the flow of “Qi,” or life energy. Ear acupuncture stimulates the proper flow of Qi to resolve the blockages and restore balance.

From a modern biomedical perspective, acupuncture causes the release of the body’s own natural opioids to affect the nervous system, brain chemistry, and other bodily functions. Ear acupuncture also helps to stop the cascade of stress hormones circulating in the body, which is essential for recovery and wellness.

This clinic uses the National Acupuncture Detoxification Association (NADA) protocol, a specific form of acupuncture treatment found to be highly effective for problems such as insomnia, anxiety, depression, agitation, pain and addiction. The NADA protocol includes the following ear points: Shen Men, Sympathetic Nervous System, Kidney, Liver and Lung. The protocol, which is widely implemented and researched, has the great advantages of being safe, effective, non-addictive, and simple to administer.

