

## What is ear acupuncture?

Auricular (Ear) Acupuncture was pioneered and has been used since the 1970's in the treatment of substance dependency. It is particularly useful in the early stages of drug and alcohol detoxification, reducing cravings and alleviating emotional symptoms such as anxiety and panic experienced during withdrawal from substance use.



Because of its beneficial effects in helping people with their emotional health issues, Ear Acupuncture is now widely accepted as a treatment that can assist people dealing with stress, anxiety and depression, enabling them to achieve a feeling of relaxation and ease within themselves.

## How does it work?

Ear Acupuncture has its origins in the system of Traditional Chinese Medicine (TCM) which has been in use for thousands of years.

An individual's health and well-being can be promoted and/or restored by stimulating the body's own healing energy (Qi or Chi) by using needles, self-massage, breathing, relaxation and movement exercises.

## What should I expect from treatment?

Unlike many complementary therapies that are received individually, an Ear Acupuncture treatment is received sitting comfortably in a chair in a room with a group of up to 10 others all quietly receiving their treatment together. There is no need to make an appointment you just come along and take a seat.



### What happens?

- You will be greeted by one of our practitioners and/or volunteers – many of whom first came to the project as service users themselves. You can ask them any questions that you may have.
- On your first visit you will be asked to fill in two short forms, both of which are confidential to the project. One gives us a few details of your health and any issues you may be worried about, and the other gives us some information that helps us as a Charity get funding to continue providing the service free or at low cost for our clients.
- Five single-use needles are inserted into points on the outside of each ear. These are small needles and the treatment is usually painless.
- You will be offered a cup of herbal tea to drink.
- You may then sit and relax for up to 45 minutes whilst the needles are in your ears.

## What are the benefits of this treatment?

Everyone is different and people in the room will be coming for many different reasons. Some people find it relieves physical symptoms such as joint and muscle pain, migraine and helps them sleep better.

Many people feel the benefit in terms of their mental and emotional well-being – feeling less agitated, stressed and anxious.

Many people say it has helped them stop and or reduce their substance use and reduces the cravings they experience. Regular attenders say that it is an integral part of their recovery as it offers on-going support that allows them to focus on themselves and improving their health and well-being.

## Where & when do we run clinics?

Pathways To Health currently runs six clinics every week - so come along and have a treatment or phone the office for more details: **01273 234766**

TUESDAY: 10.30am to 12.30pm

Mind  
51 New England Street  
Brighton BN1 4GQ



[view map](#)

WEDNESDAY: 12.45pm to 2.45pm

Pavilions  
Richmond House  
Richmond Road  
Brighton BN2 3RL



[view map](#)

FRIDAY: 5pm to 7pm

Cornerstone Community Centre  
Church Road  
Hove BN3 2FL



[view map](#)

## What service users say:

*“It helps me get through the week and makes my addiction seem less and that I’m not on my own”.*

*“I’ve stopped using alcohol and drugs completely – I use ear acupuncture in conjunction with attendance at AA meetings”.*

*“I have found the service friendly, relaxed and respectful. It has been an extremely important part of my week”.*

*“It is very good and improves my health and emotional stability. Thank you”.*

*“I have nothing but praise – over the past year it has done me so much good – I feel so much better – sleeping well, more relaxed and I also have more energy”*

*“The treatments are fantastic – it lifts my mood and makes me feel well”.*

*“Having the ear acupuncture made me realise – that’s the most relaxed I’ve been for 18 years - since having the kids!”*

*“It has really helped me and made me aware of what I am putting into my body – smoking and cocaine. I haven’t used cocaine for 6 weeks!!! Yeah!”*

## **Volunteering with us:**

We positively encourage service users to be involved with the project by volunteering in one of our clinics, in the office or joining our Board of Trustees.

Last year we had 17 clinic volunteers working as part of our staff team. Volunteering can provide a stepping stone in recovery, build confidence and self-esteem, offer community work experience and help individuals to access training and further education/work opportunities.

## **How to get in touch:**

Contact us on: [info@pathwaystohealth.org.uk](mailto:info@pathwaystohealth.org.uk)

Or 01273 234766

Visit: [www.pathwaystohealth.org.uk](http://www.pathwaystohealth.org.uk) for more information.