

# WHAT WE DO

## Community Acupuncture

AWB uses community-style acupuncture to provide caring, compassionate treatment in a group setting. This model for treatment allows all those treated to experience relief from stress and trauma together. When the whole group feels calm and quiet, then hope, determination and resiliency rises powerfully within it.

Treatments last from 30-60 minutes with people receiving treatment in a group, while sitting in chairs fully clothed. We use the NADA (National Acupuncture Detoxification Association) protocol, in which needles are inserted on the ears. AWB treatments, which may include other accessible body points, are effective for helping people facing enormous stress, anger, frustration, depression, fatigue and other emotional and physical pain.

## Help Support Us

- Donate online or send a check to the address below
- Become a member online or call the number below
- Join our email list to keep apprised of AWB news & events
- Join us at one of our many trainings and retreats or take an online course
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- Visit our online shop for AWB merchandise



AWB volunteer in Greek refugee camp



Acupuncturists Without Borders provides disaster relief, recovery and support for building resiliency – to communities affected by disasters, human conflict, environmental devastation, poverty and social injustice.

**Acupuncturists Without Borders is a 501(c)(3) tax-exempt organization. Your donation is 100% tax deductible to the fullest extent allowed by law.**



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# HOW WE HELP

## Providing relief and recovery for trauma from disasters and global conflicts

Acupuncturists Without Borders (AWB) provides disaster relief, recovery and support for building resiliency – to communities affected by disasters, human conflict, environmental devastation, poverty and social injustice.

AWB's mission is to interrupt the devastating effects of trauma by reducing suffering and helping individuals and communities find greater balance and resiliency. We use community-style ear acupuncture as a powerful, simple, safe way of helping people "reset" their nervous systems to a greater state of calm, quiet and clarity. When a group experiences this relief from chaos, hope, determination and resiliency can begin to be restored, which allows communities to move forward.

AWB is committed to collaborating with local community-based organizations and treating all who have been affected by traumatic events – survivors, first responders, emergency personnel and other care providers. We offer services and training in local communities with the goal of creating long-term, sustainable benefits after we leave. Our intention is to empower each community we serve in a way that best supports their particular needs for rebuilding and recovery.



Women at AWB mobile clinic in the West Bank



AWB in Puerto Rico



AWB in Nepal



AWB w/ Capracare in Haiti. Photo by Peggy Robinson

*Herein lies the magic - A quick and easy treatment protocol, portable, easily rendered to large groups in a communal setting. Within the quiet healing circle of an acupuncture treatment group, the boundaries of fear and suspicion separating a member of one particular race, class, from another, are lowered and sometimes dissolved completely. THIS is the wisdom needed to heal the planet.*

- Jordan Van Voast  
AWB New Orleans volunteer

*"It's funny how you might think one little treatment isn't going to make that much of a difference in someone's life. And in a way you're right - one treatment only does so much, but what has limitless power is the fact that you care, that you are there and that you are not forgetting."*

- AWB volunteer Shanell Rodriguez  
Puerto Rico Relief Effort

*"Thank you for doing this. It's really important, what you're offering to the community. It was hard for us to learn how to receive the help. We were always the people before who were helping. For us it has been really touching how much help has been offered, including what you are doing. We are learning to take it all in."*

- Terry & Lynn Kirby  
Bastrop, Texas Fire Relief Effort