



Acupuncturists Without Borders

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ABOUT ACUPUNCTURISTS WITHOUT BORDERS



AWB was established after the devastating hurricanes of 2005 to help those in Louisiana suffering from stress and trauma. We recruited and trained over 80 acupuncturists to work in the field in New Orleans, and in turn, these acupuncturists treated close to 8,000 people with free acupuncture in Louisiana. Testimonials we received (available on our website), and assessment data we collected, show the extraordinary response to these treatments.

Acupuncturists Without Borders' vision is to see stable, peaceful, global communities. Knowing that unresolved trauma can have repercussions for decades, we offer the services of volunteer acupuncturists to provide treatment to interrupt this cycle and relieve suffering. Using community style

acupuncture treatment for trauma, stress, anxiety and depression, Acupuncturists Without Borders (AWB), through its volunteer network, helps to provide immediate and long term disaster relief and recovery to communities that are in crisis resulting from disaster or human conflict. By partnering with local organizations and treating with community style acupuncture in group settings we can support the healing of the whole community.

We are currently working on making community acupuncture part of the standard of care in the immediate aftermath of disasters, alongside traditional medical interventions.

MILITARY STRESS RECOVERY PROJECT

AWB currently has a program to treat active duty military, veterans and their families with free community acupuncture in locations around the country. Guided by our experience gained in New Orleans and a pilot veterans clinic in Albuquerque, New Mexico, which started in October of 2006, there are now 30 clinic sites in cities and towns across the United States. AWB is providing regular training and support to the leaders of these unique free clinics, and many more clinics will be opening soon.



Initially, reports started coming in from Albuquerque veterans who said they found they experienced benefits such as a full night's sleep for the first time in years and fewer bad dreams. They reported improved mental clarity, less anxiety and a reduction in stress. Some reported temporary reduction in pain from headaches or sciatica. We are now receiving testimonials from all over the country about the tremendous impact the MSRP clinics are having on the people who attend. AWB has created a unique Field Manual for acupuncturists implementing this program and is providing assistance and support for teams forming clinics around the country. Please visit our website for a list of current clinics and for more testimonials.

DISASTER RECOVERY PROJECTS



Acupuncturists Without Borders has helped more than 20,000 people recover after Hurricane Katrina, the Iowa floods, the California wildfires, the Colorado wildfires, the shootings in Tucson, Arizona in January of 2011, the earthquake in New Zealand in February, 2011, post-tornado survivors in Missouri, Minneapolis and Springfield, Mass. and with populations in Nepal, Ecuador, Mongolia, Mexico and Haiti. The AWB programs serve all affected including emergency responders, relief workers and survivors and focus as well on areas that are not being served by most of the other relief efforts. These programs are met with tremendous gratitude and many have said the treatments helped save their lives. AWB also trains local health practitioners so they can do this work on their own; AWB has trained 100 Chilean acupuncturists in the wake of the Chilean earthquake, and health

practitioners in Haiti and Nepal. AWB offers background support to many local disaster response efforts led by acupuncturists on their own in their communities.

AWB is currently collaborating with Medical Reserve Corps units nationwide to help make acupuncture a part of disaster deployments.

HEALING COMMUNITY TRAUMA TRAININGS

About 2000 acupuncturists have been trained at Acupuncturists Without Borders' Healing Community Trauma Trainings held around the country. AWB is building a nationwide network of acupuncturists trained to respond to trauma and disaster and who are bringing information from AWB's trainings back into their communities. Please visit our website for information about upcoming trainings.



WORLD HEALING EXCHANGE PROGRAM

AWB has an international program called *World Healing Exchange*.

This program brings together acupuncturists with healers from around the globe. We travel to regions where we provide service and training and we will also learn from indigenous healers in those locations about their healing practices. Training locations for local practitioners currently in process include Nepal and Haiti. An important part of these journeys is also for us to renew and refresh. We invite you to join us!

VOLUNTEERING AND SUPPORT

There are many ways to volunteer with, and to support AWB, including:

- Join our membership program
- Attend an AWB training
- Volunteer with, or start, a Military Stress Recovery Clinic, or other type of community service clinic
- Help us fundraise by holding an event, putting out info at your office or place of business, and more
- Join us when we initiate a domestic or international disaster response
- Volunteer from your home
- Stay informed about our international programs
- Sign up for our email lists by going to our website
- “Like” us on Facebook
- Contact us at info@acuwithoutborders.org for information on any of these ideas or to present us with your creative ideas!

