

Implementation of the Detoxification Program: Training Programs

Presenters

Sheila Gaiman, M.R.Ph.S.
Gary Smith

Panel Discussion Participants

Kathleen Kerr, M.D.
David Root, M.D., M.P.H.
Megan Shields, M.D.
James Woodworth

Moderator

R. Michael Wisner

It has been found that the detoxification regimen developed by Mr. Hubbard must be administered exactly to achieve uniformly successful results. As interest in detoxification has grown among medical professionals, a pressing need for training in supervising the program has developed.

A panel of physicians and detoxification specialists provided an overview of the basic elements necessary to train doctors, drug rehabilitation specialists or other professionals to deliver detoxification according to the Hubbard protocol.

Detoxification in Russia

Ms. Sheila Gaiman opened the panel with an account of an effective training and apprenticeship program which Human Detoxification Services International (HDSI) has established in Russia.

At the time of the conference, 47 Russian medical professionals had completed training on how to administer the program. In cooperation with the Russian government, HDSI has trained physicians from the Ministry of Health at the Kremlin, the Brain Institute at Saint Petersburg, the Research Institute for Medical Radiology at Obninsk, and other government organizations.

The first training program took place in Siberia, at the invitation of a local town mayor and the chief medical officer. The physical prerequisites for training, Ms. Gaiman said, include a sauna, space for aerobic exercise (generally, running), a courseroom and a setting with

sufficiently clean air, water and food supplies that significant environmental chemical exposures do not occur during detoxification. A minimum of four doctors are trained together.

Courses are conducted using training methods developed by Mr. Hubbard, Ms. Gaiman said. As the trainers from HDSI are often working within limited time, these were found to be vital to increase both speed of study and comprehension of materials.

Ms. Gaiman explained that the course of study, and the apprenticeship, are presented in the format of a checksheet—a list of study and practical assignments to be completed in order. Each student works at his own pace, with assistance from a supervisor.

In Russian medicine, she said, it was observed that the patient is sometimes treated as a “number.” When this occurs, the physician and his patient are not in proper communication. Ms. Gaiman stressed that close communication is essential during detoxification, as each day the client must describe, either verbally or in writing, what he has experienced while on the program.

As a result, she said, a course in communication skills is the first step in the training regimen. This ensures that the physicians can communicate freely with their clients and obtain the information necessary to continuously provide correct instructions.

Once this course was complete, the doctors began their own detoxification. HDSI has made this a requirement of training, to ensure the greatest possible insight into the phenomena that patients encounter. This portion of the training began at 8:15 in the morning and continued until the Russian lunchtime of 2:45. After this, students continued their theoretical studies.

A course on study techniques was next, Ms. Gaiman said, to ensure the 100 percent comprehension necessary to successful administration of the detoxification program. Next, the actual protocol was



Gary Smith, Executive Director, Narconon Chilocco: “The cost of fighting drugs continues to increase—whether insurance benefits, court costs, or locking people up in jail. Almost any treatment program seeking a cost-effective means to improve results could benefit by training staff to administer detoxification.”



At present, about 80 percent of addicted Polish inmates revert to drug use and return to prison. Malgorzata Pырzyгońska, Deputy Director of the Polish Penitentiary System, and Malgorzata Bielawska, Manager of the System's Chemical Dependency Unit, discussed plans to train personnel to administer detoxification with Bosse Persson, the President of Narconon Europe.

learned in a course based on Mr. Hubbard's book *Clear Body Clear Mind*.

Training takes approximately three weeks of full-time study. After passing a written examination, the physicians apprenticed by supervising patients through completion of the detoxification program. Misapplications of the protocol were corrected. When the student demonstrated competence by successfully getting patients through the program, he graduated.

Drug Rehabilitation

In addition to physicians desiring to incorporate detoxification in their practices, a growing number of professionals in the drug rehabilitation field have expressed interest in detoxification. Gary Smith, the executive director of Narconon Chilocco, examined the circumstances that have contributed to this interest.

At present, Mr. Smith said, the national success rate for recovering addicts through rehabilitation is about 15 percent. This is reflected in the fact that, on average, addicts who come to Narconon for treatment have previously failed in at least three treatment programs.

Mr. Smith observed that even though addicts may manage to cease their drug use, they often fail to complete other necessary steps of rehabilitation, such as repairing their relationships with others in their lives, due to the fact that their

attention becomes largely focused on fighting continued cravings.

The Narconon program enjoys a success rate three to four times the national average, which Mr. Smith attributed in large part to the elimination of drug residues through detoxification and the accompanying reduction of drug cravings.

He stressed that the detoxification program is compatible with a variety of approaches to addiction treatment, and that Narconon encourages its implementation in other settings. To further this, Narconon Chilocco offers training in the use of the Hubbard program in the field of drug rehabilitation.

Discussion Period

To begin the discussion period, James Woodworth, the director of the Association of Human Detoxification Specialists, described the climate of interest in detoxification among members of the community—whether politicians, firefighters or schools. Among its other activities, the Association intends to establish a Clinical Associates program to provide detoxification training.

Among other issues, the panelists and session participants discussed the applicability of detoxification for persons diagnosed with psychiatric disorders, or those taking psychoactive drugs. The panelists described situations where such persons, under proper supervision, were able to complete the program, often with significant relief of their symptoms.

It was emphasized that psychoactive drugs may not be taken during detoxification. This led to a discussion of other medications that are contraindicated during the program.