

Submitter: Rebecca Groebner
On Behalf Of:
Committee: Senate Committee On Health Care
Measure, Appointment or Topic: HB2143
April 22, 2025
Prepared by Dr. Rebecca Groebner, DAc, LAc
Regarding HB 2143

Chair Patterson, Vice Chair Hayden, and Members of the Committee,

My name is Dr. Rebecca Groebner, and I am writing in strong support of House Bill 2143.

I am a Doctor of Acupuncture and Chinese Medicine and a licensed acupuncturist based in Portland, Oregon, where I own The Local Healer, an insurance-based acupuncture practice committed to accessible, trauma-informed care. I also serve as the Clinical Program and Training Director for Acupuncture Relief Project, a nonprofit working in rural Nepal to train practitioners and provide sustainable, community-centered primary care. In both contexts (urban Oregon and remote Himalayan villages) I have utilized the 5NP protocol to support people in deep nervous system distress.

This simple, elegant five-point auricular treatment has profound effects. I've used it with patients experiencing grief, trauma, anxiety, and detox. I've used it on myself during a quick lunch break to reset and re-regulate in a profession that demands intense presence. I've seen it offer quiet, powerful support to patients on the edge of dissociation, helping them come home to their own bodies.

My connection to this protocol is personal as well. As a teenager living on the streets of Olympia, Washington, I witnessed friends struggling with heroin withdrawal access 5NP through a government-funded program. The relief it brought them was real, and it changed how I understood what healing could look like: simple, humble, and rooted in relationship.

In the face of intersecting crises (mental health, addiction, trauma) we need care that is safe, low-cost, accessible, and non-pharmaceutical. 5NP is all of these things. It is a "do no harm" intervention that can be implemented widely and taught in diverse settings.

Please vote yes on HB 2143, and help ensure this tool is available to more communities across Oregon.

Sincerely,

Dr. Rebecca Groebner, DAc, LAc

Clinical Program and Training Director, Acupuncture Relief Project

Owner, The Local Healer, Portland, Oregon