

# EMDR Therapy and the Treatment of Substance and Behavioral Addictions

Coming to: **Waterloo, Iowa**

Sponsored by: **Black Hawk Grundy Mental Health Center and EMDR & Beyond**

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Interested in addressing Addictions and Behavioral Addictions with EMDR and getting lost in a maze of Feeling States, DeTURs and stabilization barriers? Need some direction? No worries, we've been down those roads and created a step by step, phase by phase, treatment map that we want to share it with you!

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*Through the use of demonstration, case presentation, lecture and video clips, and practicum this workshop explores the use of EMDR in the treatment of chemical dependency and other compulsive behaviors—specifically, with clients who are not yet abstinent. This treatment focused workshop teaches you how to stabilize clients and desensitize addiction memory networks without triggering increased substance use or relapse.*

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Presented by Hope Payson LCSW, LADC

Hope Payson, LCSW, LADC is a licensed clinical social worker, alcohol and drug counselor and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma. She has over 20 years of experience working in community mental health in the following capacities: director of a supportive housing program for domestic violence survivors, coordinator of an assertive community treatment team and originator of a homeless outreach program that included on-site assessment, treatment placement and long term follow up for clients with histories of addiction and trauma. She was the Clinical Director for EMDR HAP for seven years and remains an active HAP volunteer. She currently coordinates a group private practice in Winsted, Ct. She provides EMDR consultations to clinicians working in private and community settings.

## **Training integrated into EMDR Phases of Treatment**

- Phase 1--Learn history and case conceptualization concerns unique to Clients with histories of addictions.
- Phase 2--Increase your knowledge of stabilization techniques used with persons with addictions. Grow more confidence about your ability to address the needs of non-abstinent Clients.
- Phase 3-8--Learn how to desensitize the urges, cravings, and feeling states that trigger self-defeating behaviors. Increase your ability to create solid target sequence plans that will help your Clients create lives worth staying abstinent for.

### ***Goals and Objectives, participants will be able to:***

- Articulate how trauma symptoms increase vulnerability to addiction.
- Explain the basic findings of the ACE (Adverse Childhood Experience) Study.
- Identify history taking questions that can be used to assess readiness for trauma processing.
- Describe how to use motivational interviewing techniques in the history taking Phase of EMDR therapy.
- Identify two common resourcing needs of persons with histories of complex trauma and addiction.
- Identify at least 2 addiction specific stabilization options to use in Phase 2 of EMDR therapy.
- Describe the steps involved in addressing and desensitizing cravings, urges and triggers related to substance/behavioral addictions.
- Define the term: maladaptive positive feeling state.
- Identify how to address the maladaptive “positive” feelings, body sensations or irrational cognitions linked to addictions.
- Describe when addressing underlying trauma using Standard Protocol EMDR would be appropriate.
- Discern when the use of Addiction Protocols would be appropriate.
- Identify treatment planning options, and common NC/PC’s.
- Apply EMDR therapy to address common treatment barriers.

## **Program Timeline and Content**

8:30-10:00 AM - Intro of presenter and brief survey of knowledge base of audience. Introduction to the use of EMDR with addiction and the connection between trauma and addiction—citing research in this area. Discussion about using EMDR to address active addiction versus waiting for abstinence.

10:00-10:30 How to take a trauma/addiction sensitive client history and assess for stage of change and common risk factors. Lecture and video clips.

10:30-10:45 Break

10:45-12:00 History continued. Practicum—history taking and motivational interviewing questions.

12:00-1:00 Lunch

1:00-1:30 Review of phase 2 protocols and preparation phase and the use of A.J. Popky’s “Positive Treatment Goal”, addiction specific resources, and the use of future template to build access to healthier coping skills. Video, demonstration, and practicum.

1:30-2:30 Practicum—Resource Enhancement and Positive Treatment goal

2:30-2:45 Break

2:45-4:00 Desensitizing triggers, urges and cravings. A.J. Popky's DeTUR protocol and other protocols that address these components of addiction memory. Lecture and video clips.

4:00-4:30 Review—questions and answers

### **Day Two**

8:30-9:30 Practicum-desensitizing urges, cravings and triggers

10:30-10:45 Introduction to how to identify "Maladaptive Positive Feeling States", Miller's Feeling State Protocol and Knipe's Level of Positive Affect Protocol

10:30-10:45 Break

10:45-12:00 How to desensitize "Maladaptive Positive Feeling States". Lecture and video clips.

12:00-1:00 Lunch

1:00-2:00 Practicum—Desensitizing "Maladaptive Positive Feeling States".

2:15-2:30 The use of the Standard EMDR Protocol to address common treatment barriers.

2:30-2:45 Break

2:30-3:00 Treatment "flow chart"—presentation about treatment planning considerations.

3-3:15 Break

3:15-4:00 Sculpture Group Demonstration—reviewing "treatment map" or choices when working with addictions.

4:00-4:30 "Floating forward" to Monday—consultation/questions about using concepts presented in the training with clients in the future.

All of the above taught step-by-step with videos, demonstration and practicum  
**LEAVE THIS FAST PACED, TWO DAY WORKSHOP WITH A NEW SENSE OF DIRECTION. INTERESTED? HERE'S  
MORE INFORMATION:**

**DATE AND TIME: 8/13 AND 8/14/20 8:30-4:30**

**LOCATION: McBRIDE AUDITORIUM, ALLEN COLLEGE Waterloo, IA**

**This event may convert to a live-webinar format due to COVID-19, registrants will  
be informed in advance about any changes.**

**Cost: \$350.00 and \$325.00 if working full time in the non-profit sector. To register  
at the non-profit price, you must use the attached form and mail in a check  
payment**

#### **Participant Requirements:**

A mental health counseling license and full EMDR training by an EMDRIA approved organization  
**Register for this event online at [www.hopepayson.com](http://www.hopepayson.com) or contact [hope@hopepayson.com](mailto:hope@hopepayson.com) for more  
information**

**13 EMDRIA Credits--12005**

**Hope Payson maintains responsibility for this program in accordance with EMDRIA Standards  
13 Continuing Education Credits offered by Ce-Classes.com**

***Ce-Classes.com maintains responsibility for this program and its content. Certificates are awarded  
online after completion of the workshop. Participants print their own certificate after registering at***

***Ce-classes.com, entering a key code and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval.***



Your source for continuing education online <http://www.ce-classes.com>

### **13 Continuing Education Credits offered by Ce-Classes.com and approved by:**

- The American Psychological Association (APA) Ce-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. Ce-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2021
- The California Board of Behavioral Sciences. Ce-Classes.com is approved to provide continuing education by the following professional organizations: ASWB and APA. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by these nationally recognized certifying bodies to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0221 Expires 02-2021
- The Texas Board of Social Work Examiners, Continuing Education Provider – 5674 expires 4/30/2020
- The Texas Board of Professional Counselors, Continuing Education Provider
- Massachusetts Authorization Number: 1941
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201 Expires 5/31/2021
- New York Social Work Board – Ce-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2020 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2020.

#### **REQUIREMENTS FOR ATTENDANCE**

This workshop is intended for Mental Health Professionals (Psychologists, Social Workers, Counselors) who have completed EMDRIA-Approved Basic Training (weekends 1 and 2).

Cancellation Policy: Full refund minus \$40.00 fee if cancelled with 2 week notice, no refunds after.

Grievance Procedure: Grievances should be written and will be replied to within 10 days.

Current research is limited to the application of EMDR to trauma-related disorders

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact Hope Payson if special accommodation is required.

**Mail in Registration form for  
EMDR Therapy and the Treatment of Substance and Behavioral Addictions in  
Waterloo, IA 8/13 & 8/14/20**

Please return this page with payment promptly to:  
**Hope Payson 92 High Street, Winsted, CT 06098**, as workshop space is limited.

Registrant name:

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Phone number and email address:

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To qualify for the non-profit agency discount (\$325.00 registration), you must work at least 30 hours a week in a non-profit agency. If taking this option, where do you work?

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Contact person and phone # to verify full time employment if employed by an agency: \_\_\_\_\_

Credentials and license # (necessary for EMDRIA Credits and CEU's):

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Level of EMDR training, training organization, location and date of training—**YOU MUST be EMDR Basic training, by an EMDRIA approved organization to attend.**

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We will confirm with you via email and send you location details. Questions?  
hopepayson@sbcglobal.net (860)830 6439