

Addressing Substance Use Disorders and Behavioral Addictions with EMDR Therapy

Please join us for live virtual training that includes small group practicum time—broken into three segments to decrease “zoom fatigue”

9-12:00 Central Time on 1/19, 1/20 and 2/3/2024

Sponsored by: Laurie Furman and Sheri Rezak-Irons

Interested in addressing substance use disorders and behavioral addictions with EMDR? Getting lost in a maze of Feeling States, DeTURs and stabilization barriers? Need some direction? No worries, I've been down those roads and created a step by step, phase by phase, treatment map for you!

How do you learn? To accommodate a variety of learning styles, the training uses demonstration, case presentation, lecture, video clips, and practicum that explores the use of EMDR therapy in the treatment of substance use disorders and other compulsive behaviors—specifically, with clients who are not yet abstinent. This practical workshop teaches you how to stabilize clients and desensitize addiction memory networks without increasing risk of relapse.

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 30 years of experience working in a variety of community mental health and addiction treatment settings. 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. and provides training and consultation services to clinicians working in private and community settings internationally. . Hope is also the Producer of the documentary “Uprooting Addiction: Healing From the Ground Up”.

The training material is integrated into each phase of EMDR Treatment

Goals and Objectives, participants will be able to:

- Describe 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 Phase 1 of EMDR therapy.
- Identify the 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.
- Explain 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.
- Describe 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

Day One

9:00-10:00 - Intro of Presenter and brief survey of knowledge base of audience. Introduction to the use of EMDR therapy with addictive disorders and the connection between trauma and addiction—citing research in this area. Considerations regarding the use of EMDR therapy to address active addiction vs waiting until the client is abstinent.

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

10:30-10:45 - Break

10:45 AM-12:00 - Using Motivational Interviewing techniques to address stages of change. Live demonstration.

Day Two

9:00-10:30 -Review the preparation phase and addiction specific resources, that can be used to stabilize Clients in any stage of change. The use of AJ Popky’s “Positive Treatment Goal” to stabilize. Lecture, video clips, live demonstration and practicum.

10:30-10:45 - Break

10:45-12:00 - Review of how to desensitize triggers, urges and cravings. Lecture, video clips and practicum.

Day Three

9:00-10:30 - Introduction to how to identify and desensitize “Positive Feeling States” and avoidance defenses. Lecture, video clips and practicum.

10:30-10:45- Break

10:45-11:45 Video clips and discussion on the use of the Standard EMDR Protocol to address common treatment barriers. Treatment “flow chart”—presentation about treatment planning considerations when working with individuals with histories of complex trauma. Sculpture Demonstration/Case Review—a demonstration of an individual “treatment map” that tracks the course of treatment over time.

11:45-12:00 Review of all material using PowerPoint and video clips. “Floating forward” to Monday—consultation/questions about using key concepts with clients in the future.

All taught step-by-step with videos, demonstration, and practicum

INTERESTED? HERE’S MORE INFORMATION:

THIS TRAINING IS OFFERED VIRTUALLY VIA ZOOM

DATE AND TIME: 9-12:00 CENTRAL TIME 1/19, 1/20 AND 2/3/2024

**COST: \$325.00 IF REGISTERED PRIOR TO 12/19/23
AND \$350.00 AFTER 12/19/23**

**Participant Requirements: This advanced level training requires a
A mental health counseling license and full EMDR training by an EMDRIA approved organization**

**Register for this event online at www.hopepayson.com or contact hope@hopepayson.com
for more information. You can also mail in your registration using the form on the last page
of the flyer.**

12 EMDRIA Credits—#12005

**Hope Payson maintains responsibility for this program in accordance with EMDRIA Standards
12 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.*



12 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
- This training does not offer ASWB ACE credit to social workers.
- Florida Certification Board

- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2023
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0223 Expires 02-2023
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201
- 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 10/31/2024 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 11/30/2024.

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 a 2-week notice,
no refunds after.

Grievance Procedure: Grievances should be written and will be replied to within 10 days to: 92 High Street,
Winsted, CT 06098

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.

“There are no known commercial support or conflicts of interest for this program”

Mail/Email in Registration Form
Addressing Substance Use Disorders
and Behavioral Addictions with EMDR Therapy

Please complete this form—it can be scanned and emailed to hopepayson@sbcglobal.net or mailed to **Hope Payson 18 Morgan Brook Road, Barkhamsted, CT 06063**

Payment can also be made using Venmo @hope-payson, by accessing Zelle using my cell # (860)830-6439 or mailing a check to the above address

Registrant name:

Phone number and email address:

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

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

Questions? hopepayson@sbcglobal.net (860)830 6439