

# Addressing Substance Use Disorders and Behavioral Addictions with EMDR Therapy

**Please join us for an in-person training that includes small group practicum time in**

**Pittsburgh, PA**

**December 6<sup>th</sup> and 7<sup>th</sup>, 2024**

Interested in addressing substance use disorders and behavioral addictions with EMDR and 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, this 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 treatment focused and practical workshop teaches you how to stabilize clients and desensitize addiction memory networks without increasing risk of relapse.*

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Presented by Hope Payson LCSW, LADC

**Hope Payson, LCSW, LADC** is a clinical social worker and licensed addiction counselor. Among her areas of expertise are working with clients who have histories of intergenerational trauma, incarceration, and financial hardship. She is an EMDRIA Approved Consultant, and an EMDRIA Approved Basic and Advanced Trainer who has over 30 years of experience as a clinician in a variety of settings. She currently maintains a private practice while also presenting at conferences on topics ranging from EMDR, complex trauma, addiction, and ways to promote both individual and systemic recovery. Hope also assists private and non-profit organizations in creating trauma informed systems of care. She is the Producer of the documentary “Uprooting Addiction: Healing From the Ground Up” and authored a chapter of the book “EMDR and Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond”.

## ***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 history taking Phase 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 negative and positive cognitions.
- Apply EMDR therapy to address common treatment barriers.

### **Program Timeline and Content**

#### **Day One**

9-10:00 AM - 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

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

12:00-12:30 Review the preparation phase and addiction specific resources, that can be used to stabilize Clients in any stage of change. Video demonstration and practicum.

12:30-1:30 Lunch

1:30-3:00 Continued review of phase 2 protocols that can be used when addressing addictions. Lecture, video clips and practicum.

3:00-3:15 Break

3:15-4:30 The use of AJ Popky's "Positive Treatment Goal" to stabilize. Video demonstration and practicum.

### **Day Two**

9-10:30 Review of Day One, then a review of how to desensitize triggers, urges and cravings. Lecture, video clips and practicum.

10:30-10:45 Break

10:45-12:30 Introduction to how to identify and desensitize "Positive Feeling States" and avoidance defenses. Live Demonstration, lecture, and video clips.

12:30-1:30 Lunch

1:30-2:15 Practicum—desensitizing "Positive Feeling States" and avoidance defenses.

2:15-3:00 Video clips and discussion on the use of the Standard EMDR Protocol to address common treatment barriers.

3:00-3:15 Break

3:15-3:30 Treatment "flow chart"—presentation about treatment planning considerations when working with individuals with histories of complex trauma.

3:30-4:00 Sculpture Demonstration/Case Review—a demonstration of an individual "treatment map" that tracks the course of treatment over time.

4:00-4:30 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:**

**LOCATION:** ST. PHILIP'S CHURCH Hope Recovery Group, 1629 Beaver Grade Rd.  
Moon Township, PA 15108

**DATE AND TIME:** 9-4:30 DECEMBER 6<sup>TH</sup> AND 7<sup>TH</sup> 2024

**COST:** \$325.00 EARLY BIRD—BEFORE OCTOBER 1<sup>ST</sup> 2024

**\$350.00—AFTER OCTOBER 1<sup>ST</sup> 2024**

**\$300.00 IF YOU WORK IN THE NON-PROFIT SECTOR (30 HOURS PER WEEK) AND PAY BY CHECK—  
SEE MAIL IN REGISTRATION OPTION ON THE LAST PAGE OF THIS FLYER**

**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: <https://hopepayson.com/training-events/>**

**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](https://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:

### CE-Classes.com is 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.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
- 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-12-174-0225 Expires 02-2025
- 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 - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- 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.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- 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.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.

### 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: 18 Morgan Brook Road, Barkhamsted, CT 06063

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 in Registration Form for  
Addressing Substance Use Disorders  
and Behavioral Addictions with EMDR Therapy  
In-Person Training, Pittsburg, PA 12/6 & 12/7/24**

Please return this page with payment promptly to:  
**Hope Payson 18 Morgan Brook Road, Barkhamsted CT 06063**, 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 (\$300.00 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