



Treating Addictions with EMDR Therapy: A Path to Reconnection **Hope Payson, LCSW, LADC**

This specialty advanced training with practice is designed for EMDR therapists who treat complex trauma and are grappling with how to address a client's substance abuse and behavioral addictions. Your trainer is Hope Payson, a leading expert in treating trauma and addiction with EMDR therapy. Join her and her guest speakers to examine the individual, relational and cultural factors that increase a client's vulnerability to addictive disorders—with a specific focus on the link between complex trauma and addictions. This training will cover common assessment challenges, addiction-specific resources, trauma and addiction focused history-taking as well as stabilization strategies that will help you work most effectively with your clients. So, whether you're a novice in treating addictions or you're looking to up your game, this course will take you to the next level as an EMDR therapist!

Program Timeline and Content **Day One – March 3rd, 2023**

11:30 am – 1:00 pm ET	Introduction to the use of EMDR therapy with addictive disorders and the connection between trauma and addiction, to include an overview of the research. Considerations regarding the use of EMDR therapy to address active addiction versus waiting until the client is abstinent. Lecture, video clips and guest speakers.
1:00 pm – 1:15 pm ET	Break
1:15 pm – 2:45 pm ET	Client history-taking through the lens of trauma/addiction. Assessing for stage of change client is in at the outset and over the course of therapy. Identify common risk factors and how to address them. Lecture, video clips and group demonstration.
2:45 pm – 3:00 pm ET	Break
3:00 pm – 4:00 pm ET	Using Motivational Interviewing techniques to address stages of change. Questions, group demonstration and open discussion.

Day Two – March 4th, 2023

11:30 am – 1:00 pm ET	Review preparation phase interventions and addiction-specific resources. How to assess when the client is "stable enough" to begin reprocessing. Lecture, video clips and guest presentations.
1:00 pm – 1:15 pm ET	Break
1:15 pm – 2:00 pm ET	Identifying the "Positive Treatment Goal" (Popky). Lecture, video clips and practice.
2:00 pm – 2:45 pm ET	Desensitizing triggers, urges and cravings. Lecture and video clips.
2:45 pm – 3:00 pm ET	Break
3:00 pm – 4:00 pm ET	Practice, questions, and open discussion.

Day Three – March 10th, 2023

11:30 am – 1:00 pm ET	Debrief from Days 1 & 2. Identify and desensitize maladaptive "Positive Feeling States" and avoidance defenses. Live demonstration, lecture, video clips and practicum.
1:00 pm – 1:15 pm ET	Break
1:15 pm – 2:45 pm ET	How to use the standard EMDR therapy approach to address common treatment barriers. Guest presentations addressing how treatment settings can influence treatment. Lecture and video clips.
2:45 pm – 3:00 pm ET	Break
3:00 pm – 4:00 pm ET	Treatment "flow chart"—treatment planning considerations when working with individuals with histories of complex trauma. Sculpture demonstration and case review—demonstration of an individual "treatment map" that tracks the course of treatment over time where addiction protocols and the standard EMDR approach is used. Lecture, video clips and live demonstration. Questions and discussion.

Follow up Q & A with Hope Payson on April 14th, 2023, from 11:30 am – 1:00 pm ET.