

Treating addiction with EMDR therapy and the Stages of Change

presented by Nancy Abel, LCSW, LADC and John O'Brien, Ph.D.

Two Dates – Two Locations

Program Description

All clinicians are dealing with addiction issues whether they realize it or not. Many clients present with depression, anxiety, trauma, divorce and other problems yet they are also dealing with underlying addiction. Research indicates that at least 50% of clients come to treatment due to either their own addiction or that of a loved one.

This workshop will focus on the implementation of EMDR with addiction-related issues. We have created a system, originally called the Roadmap Model, that will help clinicians formulate case plans and treatment interventions integrated into the EMDR treatment model.

The workshop begins with a short overview of addictions including a review of Prochaska and DiClemente's Stages of Change Model. Participants will learn interventions for each stage integrated into EMDR therapy work. The major established EMDR protocols used with addiction will be described with an opportunity to practice some aspects of these protocols. Discussion will clarify ways to make the clinical decisions about when to use of the EMDR trauma protocol. A detailed case example will be presented and participants will have an opportunity to review sample cases and learn how to develop effective treatment plans.

Waltham, MA

October 3, 2015

Bentley University
175 Forest Street, Waltham MA 02452

and

Amherst, MA

October 24, 2015

447 West Street, Amherst MA 01002

9:00am to 4:30pm

**6.5 EMDRIA Credits included;
Option for other Masters Level
CEs**

**Sponsored by EMDR Advanced Trainings
and Mark Nickerson, LICSW**

Objectives:

- Participants will be able to identify the six Stages of Change
- Participants will learn the EMDR protocols used for the treatment of addiction.
- Participants will be able to describe treatment approaches utilized in each part of the Stages of Change Model.
- Participants will be able to identify factors that must be considered in making the decision to use the trauma protocol with addiction.

Why take this workshop?

Are you frustrated with your clients mired in addictions? Is your normal approach not working? Do you sometimes feel that you are working harder than your clients? Are you confused about how to pace treatment and what to do when? Are you confused about whether to deal with addiction or the trauma first?

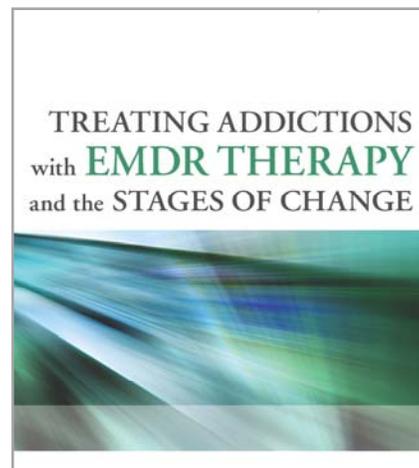
The wisdom and experience of two veteran addiction specialists is integrated into the EMDR model. Participants will come away with a better sense of what's both possible and realistic in this complicated work.

Past Participant Comments:

"This was an excellent presentation. I learned much."

"The material was clear and presented in an interesting manner."

"Excellent- do more trainings."



Presenters

Nancy Abel, LCSW, LADC

Nancy is a licensed clinical social worker and licensed substance abuse counselor with more than 38 years of experience. She is in private practice in South Portland, specializing in working with addictions, dual diagnosis, trauma and EMDR. Nancy is an EMDRIA-approved consultant. She has extensive experience as a speaker and trainer, and presents workshops on addictions and EMDR with John O'Brien.

John O'Brien, Ph.D.

John has been a licensed psychologist in private practice in Portland since 1998. He specializes in the treatment of substance abuse, grief, trauma and gay/lesbian issues. He is an adjunct faculty member at the University of Maine at Augusta, teaching courses in psychology and addictions since 2000. John is an EMDRIA-approved consultant who provides consultation on EMDR, CBT, DBT and addictions treatment.

Nancy Abel and John O'Brien are authors of "Treating Addictions with EMDR Therapy and the Stages of Change," published by Springer Publishing Company in 2014.

Presentation Timeline:

8:30 – 9:00	Registration
9:00 – 9:30	Overview of addiction
9:30 – 10:00	Stages of Change
10:00 – 10:30	Overview of EMDR Therapy Addiction protocols <ul style="list-style-type: none">• Safe Place• Resource Development• Affect tolerance• Detur (Popky)• Cravex (Hase)• Feeling State (Miller)
10:30 – 10:45	Break
10:45 – 12:00	Overview of EMDR Therapy Addiction protocols (cont'd)
12:00 – 1:30	Lunch
1:30 – 2:30	Treatment approaches in each Stage of Change (EMDR and non-EMDR)
2:30 – 2:45	When to consider using the Trauma Protocol with addiction
2:45 – 3:00	Break
3:00 – 3:30	Case example
3:30 – 4:15	Case formulation and discussion
4:15 – 4:30	Questions and evaluation

Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA standards. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required. Full completion of an EMDRIA approved basic EMDR training is required.

Online registration at: markinickerson.com Questions? markinickerson@gmail.com

Name _____

Discipline and License # _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Level of EMDR Training _____

Program Fees

\$130 by September 14th

\$160 after September 14th

*\$30 discount for Community
Mental Health Clinicians (30+
hours a week)*

*full refunds until September 14th,
75% refunds until one week before the
training.*

Fee includes 6.5 EMDRIA credits.

*Option for NBCC approved credits for
NASW, LMFT, LMHC, MFT, LPC and
other master's level practitioners for
additional \$15 fee paid at the training.*

My payment of \$ _____ is

enclosed. Mail checks made payable to:

Mark Nickerson, LICSW

368 Middle Street, Amherst, MA 01002