

TREATING ADDICTIONS
with **EMDR THERAPY**
and the STAGES OF CHANGE



NANCY J. ABEL | JOHN M. O'BRIEN

Treating Addictions With Emdr Therapy And The Stages Of Change

**Gerard J. Connors, Carlo C.
DiClemente, Mary Marden
Velasquez, Dennis M. Donovan**

Treating Addictions With Emdr Therapy And The Stages Of Change:

Treating Addictions With EMDR Therapy and the Stages of Change Nancy Abel, John O'Brien, 2014-06-26 Mental health practitioners must be prepared to treat addiction related issues affecting up to 50% of mental health clients whether or not clients present with addiction as a primary concern This practical roadmap to the treatment of addictions advocates an underutilized yet highly effective method of intervention eye movement desensitization and reprocessing EMDR therapy It is the first book to integrate the Stages of Change Model with EMDR's phases for successful treatment outcome The book addresses the scope of problems relating to addiction including relevant statistics and descriptions of substance and process addictions and considers the connection between addiction and trauma While focusing on the use of EMDR therapy in treating addictions the book also considers traditional models for each stage of treatment so interventions can be individualized according to the needs of each client The authors describe in detail the Transtheoretical Model tracing its development and theoretical foundations They discuss each of its stages in depth presenting and integrating EMDR interventions used by therapists in each stage The interventions are useful for helping clients at any motivational level Case vignettes in each chapter illustrate how EMDR techniques are used and several detailed cases are provided at the end of the book The appendix features additional resources and EMDR protocols The text will be useful for therapists currently using EMDR for addiction treatment as well as those using other modalities who are seeking an effective alternative Key Features Provides a practical roadmap to using the Stages of Change Model and EMDR therapy for effectively treating addictions Addresses substance and process addictions in depth Focuses on the trauma addiction connection and treatment options Describes each Stage of Change and EMDR protocols and interventions for each stage Includes case vignettes and detailed case examples

Evidence Based Treatments for Trauma-Related Psychological Disorders Ulrich Schnyder, Marylène Cloitre, 2015-01-30 This book offers an evidence based guide for clinical psychologists psychiatrists psychotherapists and other clinicians working with trauma survivors in various settings It provides easily digestible up to date information on the basic principles of traumatic stress research and practice including psychological and sociological theories as well as epidemiological psychopathological and neurobiological findings However as therapists are primarily interested in how to best treat their traumatized patients the core focus of the book is on evidence based psychological treatments for trauma related mental disorders Importantly the full range of trauma and stress related disorders is covered including Acute Stress Reaction Complex PTSD and Prolonged Grief Disorder reflecting important anticipated developments in diagnostic classification Each of the treatment chapters begins with a short summary of the theoretical underpinnings of the approach presents a case illustrating the treatment protocol addresses special challenges typically encountered in implementing this treatment and ends with an overview of related outcomes and other research findings Additional chapters are devoted to the treatment of comorbidities special populations and special treatment modalities and to pharmacological treatments for

trauma related disorders The book concludes by addressing the fundamental question of how to treat whom and when

Dissertation Abstracts International ,1998 Handbook of Innovative Therapy Raymond J. Corsini,2001-02-02 Dr Raymond J Corsini is a recognized authority on new and innovative therapy techniques and the first edition of the Handbook of Innovative Therapy is the leading manual in the field Since its publication many new and compelling techniques have been introduced *Substance Abuse Treatment and the Stages of Change* Gerard J. Connors,Carlo C. DiClemente,Mary Marden Velasquez,Dennis M. Donovan,2013-01-01 A widely adopted practitioner resource and course text this book shows how to apply knowledge about behavior change in general and the stages of change model in particular to make substance abuse treatment more effective The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change They draw on cutting edge theory and research to explain what works and what doesn't work at different stages of change Rich clinical examples illustrate the what's why's and how to's of using the stages of change model to inform treatment planning and intervention for individuals groups couples and families New to This Edition Reflects the ongoing development of the stages of change model and research advances over the past decade Chapter on stage based brief interventions in health care social service and community settings Group treatment chapter has been significantly revised Expanded coverage of the change processes relevant to each stage **Innovations in the Treatment of Substance Addiction** André Luiz Monezi Andrade,Denise De Micheli,2016-10-06 Emerging approaches to treating addictions and minimizing relapse are spotlighted in this idea packed volume as alternatives or adjuncts to standard psychological and pharmacological therapies Its biopsychosocial perspective delves into the causes and processes of chemical dependence and the clinical characteristics it shares with other addictions e g food sex gambling online activities to identify client needs that substance abuse may fulfill Accordingly the diverse modalities featured here address substance addiction on multiple levels offering clients physical or mental stimulation and or emotional relief as well as affording different degrees of autonomy Methods can be mixed and matched to reinforce treatment goals and clinicians can tailor treatment to individual issues and interests to assure clients nuanced and meaningful care Included in the coverage Use of herbal medicine to treat drug addiction EMDR therapy and the treatment of substance abuse and addiction Evaluating the change processes in drug users interventions Web based interventions for substance abuse Physical exercise and treatment of addiction Mindfulness to reduce the anxiety during the abstinence Neurofeedback to deal with craving and anxiety symptoms Psychologists psychiatrists clinical social workers and addiction counselors and educators will find Innovations in the Treatment of Substance Addiction a valuable sourcebook for understanding addiction and intervention in its wider context **Rewiring the Addicted Brain** Laurel Parnell,2018 As a clinical psychologist specializing in the treatment of trauma Dr Laurel Parnell has found that many people who have suffered the effects of trauma use addictive substances or behaviors in an effort to relieve their pain In Rewiring the Addicted Brain Dr Parnell applies her extensive expertise in

Attachment Focused EMDR and Resource Tapping to the clinical challenge of addictions recovery It is filled with brain wise compassionate resilience supporting EMDR based techniques that can be easily integrated into all levels of addictions treatment Therapists and substance abuse counselors will find this a useful guidebook to help them navigate the difficult and complex terrain of addiction treatment one that recognizes and addresses trauma and integrates repair of attachment deficits Case material is interwoven throughout the text also included are chapters presenting in depth cases which illustrate the techniques These cases include history and background of the clients as well as actual sessions employing the interventions specific to rewiring the addicted brain from the back cover **Ending Addiction for Good** Richard

Taite, Constance Scharff, 2012-11 There is hardly a family in the post industrial world that hasn't been affected in some way by addiction Yet seeking treatment for a struggling loved one is for most people a frightening and overwhelming prospect Ending Addiction for Good offers a powerful message of hope Drawing on their own histories of addiction recovery authors Taite and Scharff examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Addiction Treatment Center Using clear and direct language they look beyond the limits of conventional treatment to show how creating an individualized evidence based and integrated approach that targets the whole person mind body and spirit not just the addiction can provide a sure path to recovery In doing so they empower both the addict and the families of addicts to begin their recovery Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years **Rewiring the Addicted Brain with EMDR-Based Treatment** Laurel

Parnell, 2019-12-03 Attachment focused EMDR and resource tapping applied to the clinical challenge of addictions recovery Writing for both EMDR therapists and substance abuse counselors Laurel Parnell provides user friendly tools to help support clients in recovery with EMDR based techniques that can be easily integrated into all levels of addiction treatment Emphasizing the practical clinical application of principles and techniques helpful for addictions and addictive disorders this book interweaves case material throughout the text with some chapters presenting in depth cases to illustrate the techniques Topics include treating trauma and supporting resilience tools for affect regulation and rewiring the motivation reward circuits **Rewiring the Addicted Brain** Laurel Parnell, 2019-12-03 Attachment focused EMDR and resource tapping applied to the clinical challenge of addictions recovery Writing for both EMDR therapists and substance abuse counselors Laurel Parnell provides user friendly tools to help support clients in recovery with EMDR based techniques that can be easily integrated into all levels of addiction treatment Emphasizing the practical clinical application of principles and techniques helpful for addictions and addictive disorders this book interweaves case material throughout the text with some chapters presenting in depth cases to illustrate the techniques Topics include treating trauma and supporting resilience tools for affect regulation and rewiring the motivation reward circuits **Substance Abuse Treatment and the Stages of**

Change, First Edition Gerard J. Connors, Dennis M. Donovan, Carlo C. DiClemente, 2004-09-07 This volume synthesizes the

latest theory and research on the process of addictive behavior change helping the clinician more effectively conceptualize and address the needs of particular clients It offers concrete guidance for tailoring interventions to clients with varying levels of motivation or readiness to change describing what works and what doesn't work at different points in the recovery process All aspects of addictions treatment are covered from assessment to intervention and relapse management Practical recommendations are provided for applying the stages of change model to clinical work with individuals groups couples and families and for addressing the special needs of women and dually diagnosed clients Ideal for practicing clinicians the book is also an invaluable text for graduate level courses

Psychological Trauma and Addiction Treatment Bruce

Carruth,2013-10-23 Important reading for current and future addictions treatment clinicians this book synthesizes and integrates the expanding body of knowledge about combined trauma addiction treatment to specifically address the needs of clinicians in addiction treatment environments Here in a single source is an essential overview of trauma treatment for people in addiction treatment settings Psychological Trauma and Addiction Treatment presents specific methodologies and techniques for clients in inpatient and outpatient addiction mental health settings The contributors leading clinicians and researchers in the field provide a comprehensive set of scientific treatment approaches addressing a broad spectrum of trauma disorders Psychological Trauma and Addiction Treatment brings you up to date authoritative coverage of the dynamics of co occurring psychological trauma and addiction all of the primary treatment frameworks currently utilized in trauma treatment treatment frameworks that take gender into account cognitive therapies in treating these co occurring disorders the role of psychodynamic psychotherapies in treatment attachment disorders and their relation to trauma and addiction treatment EMDR as a treatment for traumatized addicts the psychoneurology of trauma and the implications of psychoneurology in addictions and trauma treatment how self help groups can contribute to and limit recovery for psychologically traumatized clients forgiveness therapy as an adjunct to trauma treatment counselor self care for those who work with this client population Ultimately this is a book of hope Every author in this text has a firm belief that people with co occurring trauma and addiction can recover can maintain quality relationships can confront life's challenges as they arise and can be happy and fulfilled Psychological Trauma and Addiction Treatment is designed as essential reading for entry level and experienced addiction counselors social workers professional counselors psychologists and others working in the trauma treatment field

EASY EMDR for ADDICTIONS & OCD's Adrian Radford Dhp Acc Hyp,2019-07-16 Learn how to

permanently resolve and treat the emotional triggers causing addictions and OCD's in just 4 easy steps at home Adult Mental Health issues including addiction around the world are growing rapidly we are experiencing a global mental health crisis services are overburdened or non existent EASY EMDR is a simple affordable purposely low priced HOME USE solution as part of the Global Change Initiative to reverse this trend EASY EMDR is the World's first simple 4 step by step illustrated training manual with scripts and practical know how designed for EVERYONE EVERYWHERE to use EMDR AT HOME and in

the Community You DO NOT need to be a medical practitioner or therapist to now practice EMDR to resolve anxiety emotional disorders and trauma and the addictions suffered as a consequence EASY EMDR contains 3 separate versions for younger FIND FEEL FOLLOW FORGET EASY EMDR contains a unique therapy MEMORY MAPPING™ which specifically engages the mind with these simple easy to follow step by step instructions to identify the root causes of the triggers of addiction With FREE practical demonstrations found at www.EASYEMDR.org adults can also be treated safely and effectively EASY EMDR is a series of NINE books to teach different groups EMDR Whether you are a guardian therapist clinician teacher care worker community based worker NGO overseas doctor armed forces emergency services or just family or friend you can now take back control to break the global mental health crisis It's quick easy and simple to learn and practice and in just a few minutes anyone can then treat anxiety and single and multiple traumas using the same recognised EMDR protocol developed over 25 years ago by Francine Shapiro PhD EMDR Eye Movement Desensitisation and Reprocessing is recommended by the World Health Organisation WHO the American Psychiatric Association ASA The UK National Institute for Health Care and Excellence NICE and many other national medical bodies as the go to clinical treatment for anxiety disorders and post traumatic stress It is reported by the National Institute of Mental Health NIMH to be 91% effective even far superior to drug therapy EMDR is considered far more effective than Counselling and CBT if after 3 months of anxiety or trauma symptoms remain With over 11 million children and 50 million adults in the UK alone 24% of girls and 10% of boys will suffer from mental health issues by the age of 14 that could be treated with EASY EMDR That's over 3 million children in the UK that can be helped at home With 1 in 4 adults suffering from mental health problems and addiction more than 12 million adults in the UK can also be helped with fast effective EMDR treatment In America it's 1 in 5 Globally there are an estimated 80 million children and adults globally needlessly suffering from mental health problems at home school and work EMDR is a treatment not a therapy and until now was only available privately at significant cost placing this revolutionary mental health solution out of the reach of the everyday person EMDR is widely reported as an effective permanent solution to treat trauma anxiety disorders and associated symptoms in Children aged 4-17 and Adults such as Anxiety Addictions OCD's Eating Disorders Post Traumatic Stress Post Traumatic Stress Disorder Depression Anger Loss Bereavement IBS Fibromyalgia and much more The author Adrian Radford Shute DHP Acc Hyp is a specialist EMDR Addiction therapist treating children adults in the UK Adrian is a former Serviceman Military UK US trainer the founder of PTSD FREE the UK's only FREE EMDR Charity

Addiction and Change Carlo C. DiClemente, 2017-12-04 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying maintaining or stopping any pattern of

behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective New to This Edition Incorporates 15 years of research advances contemporary prevention and treatment approaches and the ongoing development of the TTM Chapter on current developments in intervention research Expanded discussions of neuroscience self regulation behavioral economics self help mutual help and spirituality motivational issues process addictions gambling and sex addiction and more Deeper coverage of risk and protective factors across adolescent and young adult development **Addiction and Change, Second Edition** Carlo C. DiClemente,2017-12-04 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying maintaining or stopping any pattern of behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective New to This Edition Incorporates 15 years of research advances contemporary prevention and treatment approaches and the ongoing development of the TTM Chapter on current developments in intervention research Expanded discussions of neuroscience self regulation behavioral economics self help mutual help and spirituality motivational issues process addictions gambling and sex addiction and more Deeper coverage of risk and protective factors across adolescent and young adult development EMDR Made Simple Jamie Marich,2011 Eye Movement Desensitization and Reprocessing EMDR has established itself as an evidence based psychotherapy for the treatment of trauma and other related mental health disorders Despite the numerous studies touting EMDR s efficacy it is still largely regarded as too complicated to understand a major factor in why many who have been trained in EMDR no longer use it EMDR Made Simple 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding conceptualizing and ultimately implementing EMDR into clinical settings *Emdr Solutions* Robin Shapiro,2005-07-05 Chapter by chapter readers are introduced to key techniques based in the powerful standard protocol of eye movement desensitization and reprocessing EMDR The inventor of each technique explains and illustrates his or her method using a variety of case examples Mixing a how to approach with ample clinical wisdom this book will help clinicians excel when using EMDR to treat clients **Change In the Brain with EMDR Therapy** Alişan Burak Yaşar,2024-09-04 This book offers a deep exploration of the neurobiological mechanisms behind EMDR Eye Movement Desensitization and Reprocessing therapy a revolutionary approach for treating psychological trauma Drawing from the latest scientific research and clinical experience it explains how EMDR influences brain structures neural networks and genetic dimensions to promote recovery The book delves into trauma s impact on the brain the integration of memories and how EMDR therapy fosters healing by

activating the brain's natural adaptive information processing AIP system Written in a clear and accessible style this work is ideal for both clinicians and anyone interested in understanding the science behind trauma recovery It addresses complex concepts in a way that is easy to grasp making it a valuable resource for both professionals and non professionals seeking to comprehend the power of EMDR therapy Whether you are a therapist or someone curious about psychological trauma and recovery this book provides vital insights into how EMDR can change lives by rewiring the brain **Emdr** Sheila

Redford,2020-11-06 Are you suffering from Anxiety Are you feeling depressed Are you having addictions or eating disorders Then here is a treatment for you this book explains EMDR Therapy for you This book is an important source that focuses on using the standard procedures and guidelines of EMDR Therapy as its framework to apply EMDR Therapy to anxiety obsessive compulsive and mood related conditions The scripts the essence of the Standard EMDR Protocols and improve the specific parts series and terminology used to create an effective result It also shows how physicians use this method to operate under a variety of conditions while preserving the integrity of the model of Adaptive Information Processing AIP It explains steps of therapy which includes History Preparation Evaluation Desensitization Integration Bodyscan Closure Revaluation It gives complete guides on treatment of Anxiety Panic disorder PTSD Depression Addictions Eating disorders A fully accessible user guide from the founder of a scientifically proven method of psychotherapy for treating conditions ranging from PTSD to minor anxiety and depression Whether we have suffered small setbacks or massive traumas we are all affected by memories and experiences that we may not recall or not fully understand When we are trapped talk therapy sometimes fails to create the necessary links between the old emotional memory and a more rational view of reality and medications can have disastrous side effects and minimal effectiveness *Emdr Therapy Toolbox* David Reyes,2020-03-03

EMDR therapy toolbox Did you know that when we experience a traumatic event that is accompanied by unpleasant emotions the brain's processing may be inadequate This is what happens when a person is diagnosed with some trauma anxiety panic or stress In the book written by David Reyes EMDR therapy toolbox you will find one of the most successful therapies EMDR Eyes Movement Desensitization and Reprocessing psychotherapy used to nullify the destructive effects of a traumatic event You might wonder how this therapy does that It is by using physical stimulation through ocular sonorous or tactile stimulation EMDR is a totally effective technique for diverse psychological problems originated by traumas some causes of these issues can be Robbery assault rape kidnapping homicide grief gender family physical sexual or psychological violence Self help techniques for healing anxiety depression anger and overcoming traumatic stress symptoms Theory and treatment of complex post traumatic stress disorder and dissociation to re train the brain Within this incredibly valuable book you will find different self help techniques which will allow you to overcome all kinds of disorders by yourself as well as evaluate the context of each one the tools treatment steps and results The book EMDR therapy toolbox will efficiently help you to Identify the reasons why you might be suffering from a psychological trauma and learn to overcome it effectively Overcome different

issues related to stress and anxiety identify their main origins and applying the right therapy for each type Learn to leave behind overwhelming fears phobias once you identify the phobia and its origins Use the EMDR therapy tools to overcome emotional and psychological issues caused by drug addiction to substances as heroin cocaine alcohol soporific or energetic drugs Etiology Know the different procedures and treatments for traumas caused by natural disasters such as earthquakes and accidents such as a car crash EMDR constitutes a really effective alternative of psychotherapy which produces lasting results in patients with PTSD Post Traumatic Stress Disorder and all kinds of trauma related disorders In the Book EMDR Therapy Toolbox you will find an incredible guide that offers complete and effective information on how to treat any trauma related disorder The time has come are you ready to move on and leave the stress and anxiety behind Your best option is the EMDR Therapy Toolbox So what are you waiting for Scroll up and click the BUY NOW button

Treating Addictions With Emdr Therapy And The Stages Of Change Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Treating Addictions With Emdr Therapy And The Stages Of Change**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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