

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

John Poulin, Selina Matis



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

Treating Addictions With EMDR Therapy and the Stages of Change Nancy J. Abel, John M. O'Brien, 2014-06-26 Print CourseSmart *Eye Movement Desensitization and Reprocessing (EMDR) Therapy* Francine Shapiro, 2017-11-20 The authoritative presentation of Eye Movement Desensitization and Reprocessing EMDR therapy this groundbreaking book now revised and expanded has been translated into 10 languages Originally developed for treatment of posttraumatic stress disorder PTSD this evidence based approach is now also used to treat adults and children with complex trauma anxiety disorders depression addictive behavior problems and other clinical problems EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings details the eight phases of treatment and provides training materials and resources Vivid vignettes transcripts and reproducible forms are included Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size New to This Edition Over 15 years of important advances in therapy and research including findings from clinical and neurophysiological studies New and revised protocols and procedures Discusses additional applications including the treatment of complex trauma addictions pain depression and moral injury as well as post disaster response Appendices with session transcripts clinical

aids and tools for assessing treatment fidelity and outcomes EMDR therapy is recognized as a best practice for the treatment of PTSD by the U S Departments of Veterans Affairs and Defense the International Society for Traumatic Stress Studies the World Health Organization the U K National Institute for Health and Care Excellence NICE the Australian National Health and Medical Research Council the Association of the Scientific Medical Societies in Germany and other health care associations institutes around the world Treating Complex Traumatic Stress Disorders in Adults Julian D. Ford,Christine A. Courtois,2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book Treatment of Complex Trauma which presents their own therapeutic approach for adult clients in depth and their edited volume Treating Complex Traumatic Stress Disorders in Children and Adolescents EMDR Toolbox, Second Edition James Knipe,2018-09-28 Praise for the first Edition Reading this book has given me a whole host of new ideas about working with complex and dissociative clients Clear and engaging peppered with relevant case histories this book would make an important addition to anyone s EMDR related book collection Dr Robin Logie EMDR UK Ireland A brilliant and accessible book The information in this book will revolutionize EMDR treatment with complex trauma dissociated clients Carol Forgash LCSW BCD This book is a jewel for EMDR clinicians It is also recommended for any professional interested in the treatment of complex disorders Jim Knipe is a highly gifted professional and this is the result of many years of experience and practice Dolores Mosquera MS Amazon Review This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR based Tools useful strategies for helping difficult to treat clients with complex emotional problems The second edition reflects the author s ongoing efforts to design

treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing model. It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress. The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories. It also describes how to integrate specific EMDR related interventions with other psychotherapeutic treatments. Each intervention is examined in detail with accompanying transcripts, client drawings and case studies illustrating the nuances and variations in intervention application. Bolstered by supporting theory and current research, the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR's Adaptive Information Processing (AIP) language. New to the Second Edition: Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems. Includes two completely new chapters: Internal Healing Dialogue and Case Example treating the problem of attachment to the perpetrator. Provides new case examples on childhood sexual abuse. Offers new sections on treating chronic defensive shame, the importance of fast vs slow thinking processes and new applications of Loving Eyes procedures. Includes ebook with the purchase of print version. Key Features: Written by an EMDRIA designated Master Clinician. Delivers successful treatments/alternatives for difficult to treat clients. Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD. Includes specific AIP tools, verbatim therapy scripts, client drawings and case studies. Discusses each intervention in detail illustrating the nuances and variation in different applications. *Social Work Practice* John Poulin, Selina Matis, 2019-11-15. This primary social work practice text built around the nine core 2015 CSWE competencies is the only book available that provides students with the benefits of a fully integrated competency based approach. *Social Work Practice: A Competency Based Approach* immediately immerses students in the competencies required for social work practice at the micro, mezzo and macro levels. Designed for use in both upper level BSW and foundation level MSW social work practice courses, the book is uniquely structured to deliver the knowledge and skills students need to develop mastery of the professional social work competencies. Chapters provide a comprehensive overview of the theories, concepts and practice components related to each competency. Engaging vignettes, chapter objectives that outline key concepts, abundant case examples, critical thinking questions and a detailed case summary with discussion questions in each chapter help students deepen their understanding of practical applications of the nine core competencies. Each chapter uses the same case to perfectly illustrate the complexity of social work practice and the interconnections among the professional competencies. A robust supplementary instructor package includes PowerPoint competency based class assignments with grading rubrics and sample syllabi. Print version of book includes free searchable digital access to entire contents. Key Features: Uniquely organized with a fully integrated competency based approach. Devotes one or more chapters to each of the

nine CSWE professional competencies Delivers abundant case studies that facilitate in depth understanding and integration of competencies Provides case vignettes critical thinking and discussion questions and chapter summaries Includes supplementary instructor resources such as PowerPoints group discussion questions and competency based written assignments with grading rubrics Offers sample syllabi for two separate one semester courses and a seven week online course Includes Student Resources featuring online forms templates exercises plans and more to provide students with ample practice opportunities

Healing Addiction EMDR Therapy Jamie Marich, Stephen Dansiger, 2021-08-09 There are just so many things that I love about this book that I simply don't know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with

clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge **Falling Awake** Kathryn

Shafer,2024-11-21 This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR Brainspotting and Yoga Nidra It provides clear guidance on how to safely use therapeutic tools and self regulation exercises for clinicians and individuals impacted by trauma addiction anxiety grief family dysfunction and stress It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own The science behind each modality and approach is explained in detail along with how they can be applied to maximize self care care and enhance the therapeutic relationship Techniques include case conceptualization the use of mental imagery directing attention to sensations in the body focused eye movements and positions and many more Dr Shafer draws on her extensive internationally recognised and evidence based research in this accessible and innovative book Clinicians will be able to diversify their scope of practice and further aid their clients healing through the integrative potential of The FUNTM Program EMDR Brainspotting and Yoga Nidra **EMDR Group Therapy** Regina Morrow Robinson,Safa Kemal

Kaptan,2023-11-04 Delivers an EMDR model that can expand access to urgently needed mental health services while maintaining affordability This innovative handbook is the first to present EMDR Group Therapy as a pragmatic approach to trauma care that enables practitioners to scale up mental health services while ensuring cost and time efficiency It delivers step by step guidance supported by real life case examples for practicing this safe effective and culturally adaptable modality in a wide range of situations and conditions EMDR group protocols are applicable to inpatient and outpatient settings strangers experiencing similar or different events families and a wide range of ages The book explores how and why EMDR group protocols are applicable to disaster response addictions schools medical challenges grief families refugees victims of sexual violence emergency responders and more The text describes the theoretical underpinnings and practical applications of EMDR Group Therapy comparing nine group protocols through the lens of the eight phases of EMDR therapy and early intervention principles It emphasizes the concept of task sharing allowing nonspecialist facilitators to deliver low intensity EMDR treatment options effectively To promote in depth understanding chapters provide Learning Objectives Learned Through Experience boxes Case Examples focusing on a variety of specific groups and problems Discussion Questions to

reinforce knowledge and unique Pocket Guides refining protocols and derived techniques in a clear snapshot A full Glossary of terms is also provided at the end of the book Key Features The first book to disseminate the principles and applications of Group EMDR Therapy Delivers the knowledge of 36 contributing EMDR experts and researchers from 11 countries Follows the eight phases of standard EMDR protocol Offers a window into EMDR practice with a broad variety of specific groups and topics Detailed cultural competence checklist for practitioners to provide care with respect for diversity Includes multiple Case Examples Learning Objectives Learned Through Experience boxes figures and charts and much more Provides Pocket Guides for a clear easy to follow snapshot of group EMDR protocols

The DBT Workbook for Narcissistic Abuse and Gaslighting Katelyn Baxter-Musser, 2024-07-01 Victims of narcissistic abuse and gaslighting often experience overwhelming feelings of shame guilt humiliation and a belief that they are fundamentally flawed as a person Survivors of this abuse need tools to heal and rebuild their sense of self worth This powerful workbook teaches readers proven effective dialectical behavior therapy DBT skills to heal from narcissistic abuse regulate emotions set effective boundaries and build healthy relationships

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