

Outline

How Trauma and Addiction are Intertwined

Identifying early experiences of trauma and the impact

Addictive behaviors as methods of protection, safety, control, or coping

How perceptions develop and influence addictive behaviors

The loop of trauma symptoms that trigger substance use

Identifying forms of addiction

Barriers in Substance Use Treatment

Resistance

Unresolved trauma driving addictive behaviors

Exploring Feeling State and addiction

Trauma and risk of relapse- how to handle relapses during trauma processing

The EMDR Framework in SUD Treatment: Addressing Addictive Behavior through an Adaptive Information Processing Lens

Review of EMDR's 8 phase model and 3 prong approach

EMDR & the brain- why EMDR is effective

How EMDR improves work with addiction related memories

Research, risks and treatment limitations

EMDR Protocols and Methods:

Reduce Urges, Decrease Cravings and Maximize Treatment Retention

Feeling State Addiction Protocol - reduce the desire for addictive behavior

CRAVEX Protocol - decrease cravings and desensitize addictive memories

DeTUR Protocol - lower urge level

When to use each protocol

Integrate EMDR and Stages of Change in treatment

Crisis Management and Relapse Prevention Strategies

EMDR Resourcing Skills and Clinical Strategies for Enhanced Recovery

Parts Integration with EMDR to disarm protective mechanisms

Sober self and addicted self

EMDR resourcing strategies to redefine beliefs and implement sober values

Addressing alexithymia in clients

Tools to strengthen self-compassion, self-regulation and motivation for change

Live Webinar Schedule (both days) (Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break


4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.


Objectives

1. Analyze the clinical implications of the link between trauma and the development of maladaptive addictive coping mechanisms.
2. Analyze research on the feasibility and efficacy of using EMDR in addiction-focused therapy.
3. Utilize treatment strategies to help clients with substance use disorders identify triggers that can lead to increased urges to use.
4. Use the Feeling State Addiction Protocol to reduce compulsive behavior in clients with substance use disorders.
5. Utilize the CRAVEX Protocol to decrease cravings and desensitize addictive memories in clients with substance use disorders.
6. Use the DeTUR Protocol to desensitize triggers and lower urge level in clients with substance use disorders.
7. Employ EMDR resourcing strategies to prepare clients for simultaneous treatment of trauma and addiction.
8. Employ an integrative approach that uses parts work and EMDR to disarm protective mechanisms in clients.
9. Use EMDR to foster resilience and reduce the risk of relapse when clients are confronted by a similar trauma.
10. Develop individualized treatment plans for clients with differing levels of awareness of addiction and different levels of motivation to change addiction-related behavior.
11. Use EMDR therapy as a component of clients' addiction continuing-care to help with emotional core access and perspective shift.
12. Utilize EMDR therapy in conjunction with other treatment approaches to enhance client stability in the treatment of co-occurring trauma and addiction.

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2-Day

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Treatment Strategies to Help Dual Diagnosis Clients
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Thursday & Friday, January 19 & 20, 2023

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2-Day

EMDR for Co-Occurring Trauma and Addiction

Treatment Strategies to Help Dual Diagnosis Clients
Achieve Long-Lasting Recovery



Featuring

Megan Boardman, LCSW, ACADC, CCTP-II, EMDR-C

Author of *EMDR Workbook for Trauma and PTSD*

- EMDR protocols to reduce urges and decrease cravings
- Strategies to lower the risk of relapse
- Disarm protective mechanisms in clients
- Resourcing strategies to implement sober values

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2-DAY

EMDR for Co-Occurring Trauma and Addiction

Treatment Strategies to Help Dual Diagnosis Clients Achieve Long-Lasting Recovery

Trauma and addictions go hand in hand. And without addressing both, stable and long-term recovery is unlikely.

An integrative approach to treat substance use disorders and heal trauma simultaneously seems ideal. But you worry that addressing the trauma could lead to relapse, derailing your client's recovery journey for months or years. Maybe forever.

How can you provide the effective integrative treatment your clients really need?

EMDR allows you to get to the traumatic root causes and contributing factors of each client's addiction so you can individualize treatment and achieve incredible results.

And now in this live two-day webinar, EMDR and addictions expert Megan Boardman, LCSW, ACADC, CCTP-II, EMDR-C, will provide you with the step-by-step guidance you need to help dual diagnosis clients reach their goal of long-lasting recovery.

When you register, you'll get clinical tools and guidance you can immediately use to overcome resistance and other barriers you face in treatment. PLUS you'll get a roadmap to using EMDR in your addiction treatment plans so you can reduce your clients' urges, decrease their cravings and lower their risk of relapse...all while processing the traumas of their past.

Don't pass up this opportunity to bring the proven power of EMDR into your work with trauma clients with SUDs.

Register today!

This training is not affiliated with EMDRIA and does NOT qualify towards EMDRIA credits, training or certification.

Target Audience:

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage & Family Therapists
Nurses • Case Managers • Physicians • Other Mental Health Professionals



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Meet Your Speaker



Megan Boardman, LCSW, ACADC, CCTP-II, EMDR-C, is a Certified EMDR Clinician and Trainer, as well as a Certified Clinical Trauma Professional II through Evergreen Certifications. Megan also is an Advanced Certified Alcohol and Drug Counselor, who formerly owned and operated one of the largest treatment centers for substance abuse and trauma in Southeast Idaho, which was voted best in practice for 2019.

Her trainings have helped thousands of clinicians across the U.S. get the most out of EMDR, trauma and addiction-based skills and practices. She has been invited to train internationally at the International Society of Addiction Medicine in India, the International Conference on Addiction Research and Therapy in Amsterdam and at the Psicologia Institute of Italy. Megan has extensively been trained on the use of EMDR as a protocol and uses EMDR in her practice to achieve improved outcomes with a broad spectrum of clients in the areas of trauma, abuse, attachment and substance abuse. She is an expert witness at the State and Federal level for her expertise in areas surrounding trauma.

Megan is the author of *EMDR Workbook for Trauma and PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories, and Take Back Your Life* set to be released by New Harbinger Publications in 2023. She earned her master's in Clinical Social Work from Northwest Nazarene University in 2011 and is an active member of the International Society of Addiction Medicine and the National Association of Social Workers. She owns and operates her own counseling, consulting and training business and is passionate about genuinely changing the landscape of trauma treatment through an authentic, hands-on perspective, that she has uniquely made her own.

Speaker Disclosure:

Financial: Megan Boardman is the owner of Recoverhe Counseling & Consulting. She receives a speaking fee from Psicologia.io of Italy, Online CECredits.com, and Telemental Health Summit. Ms. Boardman receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Megan Boardman is a member of the International Society of Addiction Medicine and the National Association of Social Workers. She is an author with New Harbinger Publications, her book will be published in late 2022.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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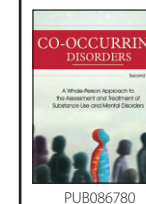
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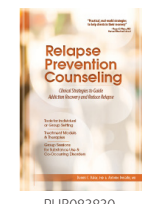
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Recommended Reading:



Co-Occurring Disorders
A Whole-Person Approach to the Assessment and Treatment of Substance Use and Mental Disorders, 2nd Edition
By Charles Atkins, MD
~~\$34.99~~ **\$26.99***



Relapse Prevention Counseling:
Clinical Strategies to Guide Addiction Recovery and Reduce Relapse
By Dennis C. Daley PhD & Antoine Douaihy MD
~~\$26.99~~ **\$19.99***

*Discount Included with purchase of the Webinar

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