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Awake Mind EMDR Newsletter

Fall 2011



Dear Julie,

This quarterly newsletter focuses on **EMDR and Addictions** and highlights a new approach introduced and researched by Michael Hase in Germany. It focuses EMDR sessions directly on addiction target memories, is a time efficient strategy, and shows great promise.

After many requests from Denver folks, I'm offering an EMDR Basic Training in Littleton that starts in December. Please let your friends and colleagues know who might be interested.

Best regards,
Julie Greene

General EMDR and Addiction Resources

- Marich, J. (2009) **When the Pink Cloud Passes: Using EMDR in Addiction Treatment**. This article summarizes various EMDR strategies and addiction work. [link to free online article](#)
- Abel, N.J., & O'Brien, J.M. (2010). **EMDR Treatment of Comorbid PTSD and Alcohol Dependence: A Case Example**. *Journal of EMDR Practice and Research*, 4(2), 50-59. (Available free if a member of EMDRIA.) [link to EMDRIA](#)
- O'Brien, J.M. & Abel, N.J. (2011) **EMDR, Addictions, and the Stages of Change: A Road Map for Intervention**. *Journal of EMDR Practice and Research*, 5(3), 121-130. (Available free if a member of EMDRIA.) [link to EMDRIA](#)

The CravEx Approach

The CravEx approach, developed by Micheal Hase in Germany, focuses EMDR directly at the activated addiction memories, including memories of consumption or relapse, and memories of intense craving. The only change in the standard trauma protocol is to use the LOU Scale (Level of Urge from 0 to 10) to replace the SUD scale (0 to 10 disturbance) in order to measure the urge or craving.

References:

Hase, M., et al (2008). **EMDR Reprocessing of the Addiction Memory: Pretreatment, Posttreatment and 1-Month Follow-up**. *Journal of EMDR Practice and Research*, 2(3), 170-179. (Available free if a member of EMDRIA.) [link to EMDRIA](#)

Hase, M. (2009). **CravEx: An EMDR Approach to Treat Substance Abuse and Addiction**. In Luber, M. (Ed.) *Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: Special Populations* (pp. 467-488). New York: Springer. [link to preview book at Amazon](#)

The DeTUR Approach

The DeTUR (Desensitization of Triggers and Urges) approach, developed by A.J. Popky, is a modified EMDR protocol. Embedded in a comprehensive treatment plan, it focuses EMDR on desensitizing a hierarchy of present day addiction triggers.

References:

Popky, A.J. (2007) **DeTUR (Desensitization of Triggers and Urge Reprocessing): A New Approach to Working with Addictions and Dysfunctional Behaviors.**

[link to free online article](#)

Popky, A.J. (2005). **DeTUR, an Urge Reduction Protocol for Addictions and Dysfunctional Behaviors.** In Shapiro, R. (Ed.) *EMDR Solutions: Pathways to Healing* (pp. 167-188). New York: W.W. Norton. [link to preview book at Amazon](#)

Popky, A.J. (2009). **The Desensitization of Triggers and Urge Reprocessing (DeTUR) Protocol.** In Luber, M. (Ed.) *Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: Special Populations* (pp. 489-511). New York: Springer. [link to preview book at Amazon](#)

Next EMDR Basic Trainings

-- let your friends and colleagues know --

Littleton, CO

Level I December 1 - 3, 2011 (Thursday-Saturday)

Level II May 17 - 19, 2012 (Thursday-Saturday)

[more info](#)

Santa Fe, NM

Level I April 13 - 15, 2012 (Friday-Sunday)

Level II October 26 - 28, 2012 (Friday-Sunday)

[more info](#)



Mindfulness, Meditation & EMDR

*Advanced EMDR Workshop - 12 EMDRIA CEUs
with Julie Greene, LPC*

Boulder, CO - October 21-22, 2011 (This session is full)

Tampa, FL - January 27-28, 2012

Austin, TX - March 30-31, 2012

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