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Subject: EMDR And The Military In Action - Addictions

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EMDR And The Military In Action

A monthly newsletter to keep you informed.

This is a monthly e-newsletter created primarily for our colleagues trained in Eye Movement Desensitization and Desensitization (EMDR) who work with military, veterans, and their families. The purpose of **EMDR And The Military In Action** is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with these special populations.

In This Issue

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Citations Of The Month - Addictions

Popky, A. J. (2009). [The desensitization of triggers and urge reprocessing \(DeTUR\) protocol](#). In M. Luber (Ed.), Eye movement desensitization (EMDR) scripted protocols: Special populations (pp. 489-511). New York, NY: Springer Publishing Co.



The DeTUR method is an urge reduction protocol used as the center of an overall methodology for the treatment of a wide range of chemical addictions and dysfunctional behaviors. This method was developed and refined by the author through client interaction and feedback from other EMDR-trained therapists using the same protocol. The purpose of the protocol is to uncover the core traumas and reprocess them through to completion. In achieving reprocessing, the triggers no longer stimulate the need to use or act out and the new response becomes the positive treatment goal of coping and functioning successfully in life as determined by the client. This chapter presents DeTUR script notes; the steps of DeTUR; the DeTUR protocol script; and a desensitizing trigger worksheet. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Hase, M. (2009). [CravEx: An EMDR approach to treat substance abuse and addiction](#). In M. Luber (Ed.), *Eye movement desensitization (EMDR) scripted protocols: Special populations* (pp. 467-488). New York, NY: Springer Publishing Co.

Thirty years of addiction research have provided sufficient evidence for the crucial role of memory in drug dependency. The addiction memory (AM) serves as a useful concept for obsessive-compulsive craving to be seen in drug addicted patients (Boening, 2001). The concept of AM and its importance in relapse occurrence and maintenance of learned addictive behavior has gained growing acceptance in the field of addiction research and treatment. The implicit nature of the addiction memory seems to qualify it as a target for EMDR treatment. CravEx (Craving Extinguished), as part of a treatment for comorbid addictive clients, focuses on reprocessing of the addiction memory thus leading to stabilization in the addiction. This chapter presents the eight phases of the CravEx script. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Hase, M., Schallmayer, S., & Sack, M. (2008). [EMDR reprocessing of the addiction memory: Pretreatment, posttreatment, and 1-month follow-up](#). *Journal of EMDR Practice and Research*, 2(3), 170-179. doi:10.1891/1933-3196.2.3.170.

This randomized controlled study investigated the effects of eye movement desensitization and reprocessing (EMDR) in the treatment of alcohol dependency. EMDR was applied to reprocess the addiction memory (AM) in chronically dependent patients. The AM includes memories of preparatory behavior, drug effects (drug use), and loss of control (Wolffgramm, 2002). It is understood to involve extensive brain circuitry, drive part of conscious and unconscious craving, change environmental response at an organic level, and modify circuits that link to feelings of satisfaction, future planning, and hope. Thirty-four patients with chronic alcohol dependency were randomly assigned to

one of two treatment conditions: treatment as usual (TAU) or TAU plus two sessions of EMDR (TAU+EMDR). The craving for alcohol was measured by the Obsessive-Compulsive Drinking Scale (OCDS) pre-, post-, and 1 month after treatment. The TAU+EMDR group showed a significant reduction in craving posttreatment and 1 month after treatment, whereas TAU did not. Results indicate that EMDR might be a useful approach for the treatment of addiction memory and associated symptoms of craving.

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. doi:10.1891/1933-3196.5.3.121.

A growing body of literature indicates that eye movement desensitization and reprocessing (EMDR) can be useful in the treatment of addictions. When combined with traditional addictions treatment approaches, EMDR can enhance client stability, prevent relapse, and promote recovery. Clinical decision making about when and how to use EMDR techniques with clients who present with addictions is complicated. The purpose of this article is to explore the use of EMDR interventions with clients presenting various levels of awareness of their addiction as well as varied levels of motivation to change. The authors explore the Stages of Change and suggest appropriate pre-EMDR EMDR interventions at each stage.

Miller, R. (2012). [Treatment of behavioral addictions utilizing the feeling-state addiction protocol: A multiple baseline study](#). *Journal of EMDR Practice and Research*, 6(4), 159-169. doi:10.1891/1933-3196.6.4.159.

This article proposes a new treatment for behavioral addictions, which are commonly treated with some form of cognitive behavioral therapy. The Feeling-State Addiction Protocol (FSAP), based on the feeling-state theory of behavioral and substance addiction, proposes that just as single-event traumas can become fixated with negative feelings, intensely positive events can become fixated with positive feelings. This fixated linkage between an event and a feeling is called a feeling-state (FS). A multiple baseline study of the FSAP was performed using only the steps of the protocol that involved the processing of the FSs. The results of the study of 4 participants (each with at least two compulsions) indicated for 3 of the 4 participants a clear link between the processing of the FSs and reduced reactivity to the visualized behavior. The reactivity was measured by skin conductance level and a positive feeling scale. All four participants reported that their compulsive behavior was eliminated after the intervention targeted the FSs.

EMDR In The News

EMDR Listed by SAMHSA on National Registry

[The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) is an agency of the U.S. Department of Health and Human Services (HHS). This national registry (NREPP) cites EMDR as evidence based practice for treatment of PTSD, anxiety and depression symptoms. Their review of the evidence also indicated that EMDR leads to an improvement in mental health anxiety.

Special Notes

Our Wordpress blog: <http://emdrresearchfoundation.wordpress.com/>
(note that there are entries on 12/16 and 12/18 with links to articles)

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