Treating Chronic Pain
with EMDR
by Mark Grant
13 EMDRIA credits (under review) and 13 CEU's

July 30-Aug 1 2015
In Denver CO

Requirements: EMDR clinician with a minimum of basic training weekend one.

Join us at:
Embassy Suites
1420 Stout St.
Downtown Denver CO
Room Rate $169. includes
Hot breakfast and evening reception

Code: EMDR  For room reservations call 720-587-6932

In this skill oriented workshop you will learn how to apply EMDR to a wide variety of pain disorders. You will learn how to address different combinations of physical and psychological pain and causes using EMDR.

More information:

For more information contact Heidi or Jan
Jan Schaad - jaqs2003@gmail.com
Tel: (307)630-4688
Heidi Sammons - heidifrancine.o@gmail.com.
Tel: (951)238-7783
Chronic pain is one of the most challenging conditions to treat. It is also a feature of many psychological problems including anxiety, depression, fibromyalgia and PTSD. It is often what prompts the first visit to a primary care physician. There is a growing need for treatment that addresses pain as a symptom of both physical and psychological injury. A growing body of research indicates that EMDR can significantly reduce both physical and emotional distress associated with pain.

**Presenting Mark Grant MA** Mark is a clinical psychologist with over 20 years experience in the treatment of stress, trauma, and pain. In addition to his work he has researched and developed the use of EMDR in the treatment of chronic pain leading to a publication in the Journal of Clinical and Consulting Psychology. His latest collaborative study documents the use of EMDR with 11 chronic pain sufferers with varying complexities. Author of Change Your Brain Change Your PAIN, Pain Control with EMDR, several CD's based on EMDR, and an authored chapter in Marilyn Luber's EMDR's scripted protocols and has been sited in the New York Times on chronic pain.

**Program Objectives**

- Assessing psychological trauma, stress, personality factors, and medical issues and their contribution to the presenting problem.
- Constructing a treatment plan that includes the clients personality, needs and abilities. This will include body image, trauma work, identity issues and relieving pain instead of "learning to live with it."
- How to prepare chronic pain clients for EMDR treatment.
- How to apply EMDR to relieve pain. This will include traumatic pain and medical pain in the context of a broad variety of pain disorders.
- Using EMDR to reduce sensory and emotional distress.
- Help clients feel confident and control pain.
- Integrating EMDR with other treatment interventions and modalities.

**Workshop Agenda**

**Day 1**

Registration 8:30 am to 9:00 am
Pain management, overview & introduction
Pain and the brain
Other factors, (genetics & culture)
Practical and theoretical reasons why EMDR is suited to pain
Introduction to EMDR treatment of chronic painEMDR protocol for chronic pain
EMDR treatment Stages 1-3 (History - Assessment)
Case conceptualization
Clinical similarities and differences between trauma and pain
Differences when targeting pain compared with trauma
How to select and or develop EMDR pain "targets"
Targeting case example (medical pain) Video
Assessing personality defense mechanisms, Assessing suitability for EMDR

Lunch

Practicum - 1 (pain targeting exercise)
EMDR Stages 4-7 (Desensitization to Closure)
Similarities and differences between desensitization when working with trauma & pain
Tracking changes during desensitization, Resourcing
Tips for facilitating and maintaining change
Desensitization case example (medical pain) & (trauma pain) video
Practicum - 2 EMDR Protocol for Pain
Summary, question & answer session

Day Two

EMDR Pain Protocol continued
How to maximize treatment effects of bls
Review of main sensory-emotional effects of bls
Attention, Neuroplasticity and bls
Tips for maximizing client responses to bls
Resourcing
What are pain management resources?
How to use sensory changes following bls to develop personalized pain management resources
Self-use of bls
Dealing with blockages & dissociation;
Recognizing and addressing common blockages encountered during EMDR processing of pain
Three types of dissociation and pain
How to recognize dissociation before during and after EMDR processing
Structural dissociation and pain
Building safety (in the body)
Positive uses of dissociation
Tips for managing dissociation during EMDR processing
Resource installation
What are pain management resources
How to use post Bls sensory changes to develop pain management resources
Resource installation case (video)
Practicum - 3 resource installation exercise
EMDR in the treatment of different pain disorders
Fibromyalgia, Phantom Limb pain

Lunch
EMDR in the treatment of different pain disorders (cont'd)
Generalized Anxiety Disorder
Tinnitus, headaches
Complex Regional Pain Syndrome
Complicated grief (conversion disorder)
How to integrate EMDR with other skills and approaches
Self hypnosis
Sleep management, Activity scheduling, Exercise, Building resilience