

# 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**

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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 cited 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 pain EMDR 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