

# EMDR Treatment of Pain

Presented by Mark Grant MA

“I still marvel at the depth and speed with which EMDR can help heal the minds and brains, and even bodily symptoms of people who have been suffering.”  
Norman Doidge, 2012

## Workshop Overview:

Chronic pain is a syndrome with multiple causes including physical, psychological and neurological. Traditional methods have struggled to meet the challenge of pain, with a recent Cochrane review concluding that new ideas are needed. EMDR started out as a trauma treatment, but quickly broadened to include a range of problems, including chronic pain, which is now its second most researched application. Similar to its effects with PTSD, EMDR therapy appears to stimulate a change in the remembered component of chronic pain, including emotional and visceral elements. This represents a significant potential advantage over traditional, coping-focused, approaches. Based on 20 years of clinical experience and research, this workshop uses brain-based models of PTSD and chronic pain to inform a phased treatment approach to chronic pain, with EMDR. The emphasis is on clinical practice, particularly the skills of evoking and integrating somatic responses to bls, to change pain memories.

## Workshop Objectives:

In this skills-oriented workshop you will learn how to apply EMDR to a wide variety of pain disorders.

Prerequisite: you must have completed at least a level one EMDR training.

## Participants will learn:

- Current theoretical models of pain - AIP model
- How to assess the relative contribution of trauma, stress and personality factors to pain
- 3 types of dissociation common to pain
- A 7-step phase-oriented approach to overcoming pain using EMDR.
- 5 key differences between the EMDR pain protocol and the standard PTSD protocol
- How to prepare chronic pain clients for EMDR treatment
- How to apply EMDR to relieve physical and emotional pain
- How to maximize effects of bls to enhance pain relief
- How to develop resources to help pain clients manage on-going pain.
- How to address common ‘blockages’ and stuck points in treatment
- Integration of EMDR with adjunctive strategies and interventions such as somatic methods, (eg; contralateral stimulation), imagery/visualization, self-care..

The learning process will consist of didactic instruction, demonstration/ videoed cases and practice. You will also receive a package of educational materials with your registration.

<b>WHEN:</b>	<b>7th and 8th October 2016</b>
<b>WHERE:</b>	North Sydney Harbour view Hotel 17 Blue St, Sydney NSW 2060
<b>COST:</b>	<b>Early bird rate</b> \$600 (incl GST) (until August 7th 2016) <b>Normal rate</b> \$690 (incl GST) (after August 7th 2016)  Includes lunch and refreshments
<b>REGISTRATION:</b>	<a href="http://www.overcomingpain.com/workshops">www.overcomingpain.com/workshops</a>
<b>ENQUIRIES:</b>	<a href="mailto:markgra@ozemail.com.au">markgra@ozemail.com.au</a> or call 0402 122 173

**Accommodation:** View Hotel is offering a delegate rate of \$199.00 per night (except Thurs night; \$235.00). Please use the quote code: 150518 to receive this special rate.

**Parking:** \$20.00 per day in hotel, subject to availability.

**Public transport:** The View Hotel is 5minutes walk from North Sydney station

**CPD:** 13 hours + pre reading hours.

**APS Endorsement:** This workshop was previously endorsed for CCLIN and CCOUNS

## About the presenter:

Mark Grant (MA) is a clinical psychologist/researcher with over 20 years experience in the treatment of stress, trauma, and pain. His latest collaborative study documents the use of EMDR with 11 chronic pain sufferers of varying complexity. His ideas about chronic pain have been cited in the New York Times. Mark is also the author of numerous books and CD's including 'Change Your Brain Change Your Pain,' and 'Pain Control with EMDR'. Mark has trained clinicians regarding the treatment of pain with EMDR all over the globe. He is a past chairman of the EMDR Association of Australia.



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