

BLSteps

A Twelve-Steps-EMDR interweaved approach to the treatment of addictions of all kinds especially CLTA (complex life threatening addictions).

Addictions of various kinds are a growing field of interest to therapists. They are such a common phenomenon that almost every therapist encounters a client with an active addiction that endangers himself and his surroundings as well as the therapeutic process. Therapists that do not pay careful enough attention to the complexity and challenges of addictive behavior and way of thinking might find themselves worsening the addiction and endangering the client.

Up to date there have been some very good attempts to come up with EMDR protocols to treat addictions (DeTur, F-sap, De-tox and others). However, our experience with CLTA (complex life threatening addictions) has taught us that these protocols target certain low-to-medium level addictions but fail to help and sometimes might even endanger severe cases of addiction. This is because clients with severe addictions tend to process information maladaptively on a regular basis, which severely complicates processing 'naturally'.

The twelve steps program is a well-known and approved methodology for working with severe addictions with no known parallel researched method. One of the reasons that the twelve steps program works so well, is because it offers an alternative to relying on instincts that tend to be counterproductive to the addict. Nevertheless, we still meet many addicts that fail to succeed in "keeping clean" using the program because of deeply imbedded blocking beliefs. This is where a combination of EMDR processing using the Twelve Steps terminology enables stuck clients to move forward with their crucially important process.

This presentation will address the two pillars of addiction treatment in the eyes of the B-L-Steps protocol

- Stabilizing the client's addiction to enable the client to remain clean from the dangerous substance/behavior even whilst encountering overwhelming material during a therapy session or between sessions.
- Processing dysfunctional memory networks that have led the client to the state of being an addict without inadvertently triggering addictive impulses.

This presentation will focus on supporting client's ability to fully engage the first three crucial steps of the 12 step program.

In this presentation participants will:

- Get a quick run-through of the 12 steps and how they connect to EMDR processing.
- Learn about the obstacles encountered in the addict's way of thinking that hinder EMDR processing and prevent using the standard EMDR protocols safely
- Hear about key concepts of the BLSteps protocol that overcome these boundaries
- Learn about different stages of the protocol and how to build a treatment plan with addiction clients