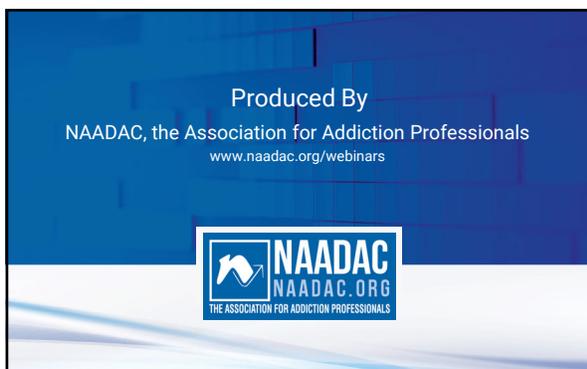


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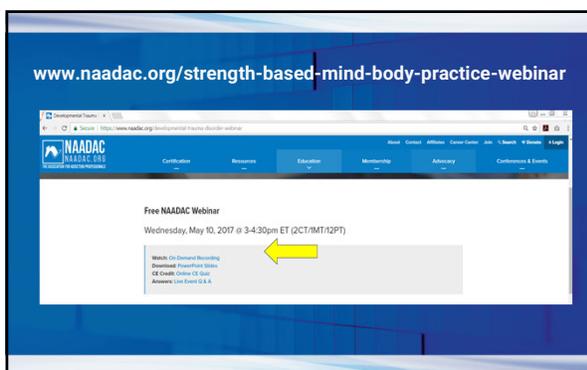
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Using GoToWebinar – (Live Participants Only)

- Control Panel
- Asking Questions
- Audio (phone preferred)
- Polling Questions



Change in Coming: New Regulations in 2012 for Diagnosis Codes and Claims Submission
Insurance C 05/17/19-19
GoToWebinar

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Webinar Presenters



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Webinar Learning Objectives

- 1 Participants will be able to explore the benefits of integrating Mind-Body work into clinical practice
- 2 Participants will be able to implement Mind-Body techniques
- 3 Participants will be able to develop a personal framework around integrative Mind-Body therapies



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Considerations

Clinician needs to be mindful of
Safety and connectedness
Personal Functioning
Reconnection



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Polling Question #1
Do you use mind-body interventions?

a. Yes
b. No

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Polling Question #2
Do you currently see trauma clients?

a. yes
b. no

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Power Therapies

Power therapies is a term coined by Charles Figley (1997) and includes EMDR, Brainspotting, TFT, Hypnotherapy and VKD

"EMDR puts memories where they belong— in the past."

EMDR is the most revolutionary, important method to emerge in psychotherapy in the 1980s"
- Herbert Fensterheim PhD, Cornell University



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Eye Movement Desensitization & Reprocessing (EMDR)

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Eye Movement Desensitization & Reprocessing (EMDR)

- Developed by Francine Shapiro (1987)
 - > 100,000 licensed mental health therapists in >52 countries
- Provides profound and stable treatment effects in a short period of time.
- **There are more controlled studies to date on EMDR than on any other method used in the treatment of trauma.**
- EMDR is the only well-researched treatment model capable of addressing multiple incidents of trauma simultaneously



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EMDR Therapy

- Key Concepts

- **Multimodal** EMDR utilizes cognitive, behavioral, somatic, schematic, affective, and self-assessment components.
- Client-driven
- All forms of bilateral stimulation equally effective
- Equal to classic CBT but more quickly achieves resolution with lowered dropout rates

<https://www.youtube.com/watch?v=xhUTEaNmCJg>
Dr. Scaer: EMDR and Brainspotting



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EMDR Therapy

"EMDR uses bilateral stimulation to create new and more adaptive neural pathways by alternating stimulation to the left and right sides of the brain. This helps to process traumatic information, integrating and improving communication between the Neo-Cortex (the rational part of the brain) and the Limbic System (the emotional part of the brain where traumatic memories are stored)." (Linda Curran)

<https://trauma101.com/?pID=76>



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Brainspotting How to locate the spot... an unconscious process

Developed by David Grand

A "brainspot" is the eye position which is related to the energetic/emotional activation of a traumatic/emotionally charged issue within the brain, most likely in the amygdala, the hippocampus, or the orbitofrontal cortex of the limbic system. Located by eye position a brainspot is actually a physiological subsystem holding emotional experience in memory form.

<http://www.brainspotting.pro>



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**How to Locate the Spot...
An Unconscious Process**

A "brainspot" is the eye position which is related to the energetic/emotional activation of traumatic/emotionally charged issue within the brain, most likely the amygdala, the hippocampus, or the orbitofrontal cortex of the limbic system. Located by eye position a brainspot is actually a physiological subsystem holding emotional experience in memory form

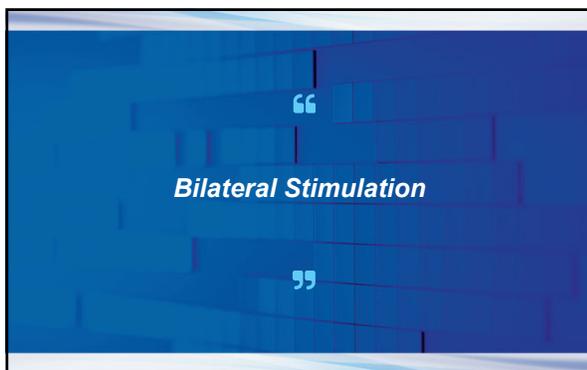


[Http://www.brainspotting.pro](http://www.brainspotting.pro)



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Bilateral Stimulation



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Bilateral Hypnotherapy
Brown and Dubi

Bilateral Hypnotherapy(BH) integrates bilateral stimulation with hypnotherapy.

Steps to BH
Begin with 3 minutes of bilateral stimulation
While continuing Bilaterals, perform Weitzman Induction
– A passive trauma intervention technique which combines elements from hypnosis, autogenics and guided imagery
Begin trauma resourcing:
– As it pertains to the trauma, bring up a **POSITIVE, STRONG, AND**



21

Bilateral Hypnotherapy
Brown and Dubi

POWERFUL image of yourself – make sure it is you!

- Lift finger when you have the image.
- Bring up consistent feeling that aligns with the new **POSITIVE, STRONG AND POWERFUL** image of yourself.
- Lift finger when you have the feeling.
- Bring up brief affirmation that best aligns with your new feeling and image.

Emerge client from hypnotic state.

Homework, self-hypnosis with recorded session (repetition breeds permanence).



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SOLUTION FOCUS BRIEF THERAPY
MRI MODEL OF BRIEF THERAPY AND MILTON ERIKSON

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“You don’t say much, but I’m told it’s the therapeutic relationship that counts.”

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Solution Focus Brief Therapy

- Influenced by MRI model of brief therapy
- Influenced by Milton Erikson



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DESCRIPTION

- Represents way of thinking
- Solution focus brief therapy focuses on solutions rather than problems
- Focus on what clients can do rather than what they can not do
- Clients have resources and skills which will assist them in finding the right solution for his/her life
- Purpose is to discover and strengthen those skills
- Clients have the ability not only to construct a new version but to use these skills for the future



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Implementation and Techniques

- Looking for previous solutions
- Looking for exceptions
- Present and future-focused questions vs. past-oriented questions
- Compliments
- Having the clients to do more of what is working
- Miracle Question
- Scaling Question
- Exception Question
- Coping Question



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Milton Erikson

- Erikson's therapy focused on future solutions
- Developed skills to assist people in order to move on
- Used Brief Therapy
- See a client once
 - Making lasting change happen for these individuals
- Flexibility
 - Adapted approach to each individual client
- Erikson believed everyone had the skills and abilities to solve their own problems
- Small changes could lead to bigger changes



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Hypnosis

- An altered state of consciousness where the subconscious level of the mind is in a state of hyper-suggestibility
- James Braid first to use Hypnosis



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“
Suggestibility Testing
”

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Why is suggestibility testing done?

- Allows the hypnotist to evaluate the client's ability to be hypnotized
- Prepares the client for hypnosis
- Types of Suggestibility tests
 - Authoritative – direct, assertive and immediate
 - Passive - Non- assertive, non-resistant yet encouraging



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Audience Participation

- Lemon Convincer



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Thank you!

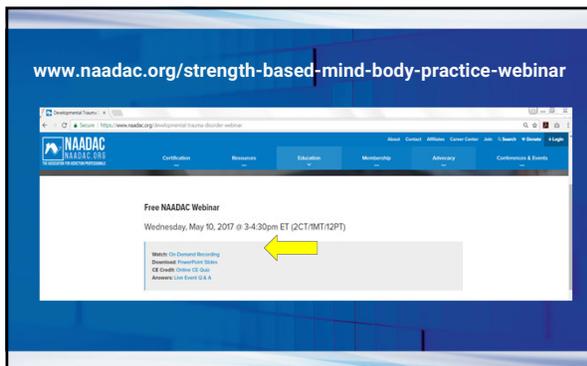


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