

“EMDR therapy can significantly improve outcomes for clients with addictions.”
- Julie Miller

Rather than feel overwhelmed or unsure about how to work with clients struggling with addiction, participants will learn how to:

- Confidently support these clients and make a meaningful impact on their recovery journey
- Conceptualize addiction at a practical level and develop a roadmap with the client through the Adaptive Information Processing model (AIP)
- Integrate EMDR therapy with other treatment modalities to address addictions and co-occurring difficulties of all kinds
- Utilize EMDR protocols and appropriate stabilization to avoid relapse
- Prioritize treatment protocols based on presenting traumas and mental health issues
- Tailor treatment to each client's needs using specialized resourcing exercises (demonstrated during training via interactive breakout groups)

**THE EMDR INSTITUTE
OF DR FRANCINE SHAPIRO**

HEALING ONE OF THE WORLD'S BIGGEST HEALTH PROBLEMS:

USING EMDR THERAPY IN THE COMPREHENSIVE TREATMENT OF ADDICTIONS

**PRESENTED BY:
JULIE MILLER, MC, LPC, LIAC**

**Live, Interactive
2-Day Online Training
November 13-14, 2026
Mountain Time
8:30AM-5:00PM
14 CE Credits**



Register at www.EMDR.com

(831) 761-1040
P.O. Box 750
Watsonville, CA 95077



JULIE MILLER, MC, LPC, LIAC

Julie Miller, MC, LPC, LIAC, is a licensed professional counselor and licensed independent addiction counselor in private practice in Tucson Arizona. She is an EMDRIA Approved Basic and Advanced Trainer, Approved Consultant, Certified EMDR Therapist, and Certified Complex Trauma Professional - Level II. She is a regional trainer for the EMDR Institute and spent many years as a volunteer for EMDR Humanitarian Assistance Programs as a trainer and facilitator.

Julie has worked in the addiction field for over 25 years, and has utilized EMDR therapy with addiction, trauma, depression, anxiety, and related issues since she was trained in 2000. She was trained as a trainer by Dr. Francine Shapiro.

Julie specializes in working with public safety personnel as well, using EMDR therapy to reduce trauma symptoms and increase personnel longevity. Julie can (and will) talk all day about EMDR therapy and helping others learn how to use it. She is a student of history and a Wyoming native who loves the cold, wind, and snow.

LEARNING OBJECTIVES

Day 1

- List 2 countries where drug-related deaths consistent increase
- Describe the etiology of chemical and process addictions from the AIP perspective
- List 3 research studies exhibiting the effectiveness of EMDR therapy with addictions
- Describe how to treat comorbidities/dual diagnoses with EMDR therapy
- Identify 3 challenges specific to addiction treatment
- List 3 unique resource options to help prepare addiction clients for use with EMDR therapy
- Describe the use of attachment work to treat addiction clients
- Describe the steps to develop a treatment plan from the AIP perspective for addiction clients using Phase 1 of the EMDR 8-phase protocol

Day 2

- Describe addiction from an avoidance model
- Describe how to identify resources and triggers from this model
- Describe addiction from the positive feeling state model
- Describe how to identify positive feeling states and underlying unprocessed adverse experiences
- Describe addiction from a dysfunctional memory network model
- Describe how to identify dysfunctionally stored addiction memories from this model
- Describe the use of EMDR group protocols with addiction clients
- Identify the steps to determine when to use a specific protocol

DAY 1 SCHEDULE

8:00 – 8:30 AM: Registration/Zoom Room Open

8:30 – 10:00 AM:

- The costs of addiction
- Causes of addiction from the NIH and the AIP perspective
- Research on the use of EMDR therapy with addictions and comorbidities

10:00 – 10:15 AM: Break

10:15 – 12:00 PM:

- Treating co-morbidities/Dual Diagnoses
- Challenges specific to addiction population
- Unique resource options to help prepare addiction clients

12:00 – 1:00 PM: Lunch

1:00 PM – 2:45 PM:

- Video demonstration of “Future Healthy Sober Self”
- Ego state/memory network resourcing for addiction/attachment issues
- Video demonstration: memory network/parts work for addiction

2:45 PM – 3:00 PM: Break

3:00 PM – 4:00 PM: Breakout groups/Vignette #1:

- Discuss which resourcing options might be necessary for vignette client
- Practice unique resource options (minimum of 2 per participant in triad)

4:00 PM – 4:45 PM:

- Standard protocol Phase 1 target identification
- Video demonstration of Phase 1 target identification

4:45 PM – 5:00 PM: Q&A

DAY 2 SCHEDULE

8:00 – 8:30 AM: Zoom Room Open

8:30 – 10:00 AM: DeTUR Protocol & video demonstration

10:00 – 10:15 AM: Break

10:15 – 12:00 PM: The Feeling State Addiction Protocol & video demonstration

12:00 – 1:00 PM: Lunch

1:00 PM – 2:45 PM:

- CravEX Protocol & video demonstration
- Group EMDR for addiction (resourcing)
- Group EMDR for reprocessing (GTEP, IGTP, etc.)
- Group Resourcing Live Demonstration

2:45 PM – 3:00 PM: Break

3:00 PM -4:00 PM: Break out groups:

- Practice identification of positive feeling states and underlying unprocessed adverse experiences
- Practice resourcing section of DeTUR Protocol

4:00 PM – 4:45 PM: Determining which protocol to use

4:45 PM – 5:00 PM: Q & A

TOPICS INCLUDE

- Defining addiction: Is it a disease? A symptom of complex trauma? An attachment disorder? A disorder of memory?
- Research on the use of EMDR therapy with addiction and co-occurring disorders
- Resources/preparation exercises specifically designed to address challenges in treating addiction clients
- Using addiction-focused EMDR protocols in an individual setting
- Using group protocols to increase resources and treat addiction
- Determining which protocol to use in certain circumstances

REQUIREMENTS

Completion of an EMDRIA Approved Basic Training. If you did not receive your EMDR Basic Training from the EMDR Institute, you will be asked to provide proof of completion (certificate of completion) of an EMDRIA Approved Basic Training.

CONTINUING EDUCATION

NBCC: EMDR Institute has been approved by NBCC as an approved ACE Provider, ACEP #5558. Programs that do not qualify for NBCC credit are clearly identified. EMDR Institute is solely responsible for all aspects of the program.

APA: EMDR Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. EMDR Institute maintains responsibility for these programs and their contents.

RN: EMDR Institute, Inc. is a provider approved by the California Board of Registered Nursing. Provider #9755 for 14 contact hours.

NYSW: EMDR Institute is recognized by the NY State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0125. Approval period: 4/30/2024-4/30/2027. 14 contact hours.

EMDRIA: EMDR Institute is an EC Provider (#99003) and this program (#161) is approved for 14 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.

RESEARCH

Current research is limited to the application of EMDR to trauma-related disorders.

“Addiction is widespread in the Western world. The United States and Canada have an enormous number of deaths from addiction, the highest in the Western Hemisphere.

We can help stabilize addiction, increase treatment compliance, and reduce relapse rates to address this world-wide health crisis of addiction.”

- Julie Miller

FEES

- US \$425
- Nonprofit/students: \$50 discount
- 21+ days prior - full refund
- 1-20 days prior - refund; \$50 fee
- Day of / no show - refund; \$75 fee

PLEASE NOTE

- Zoom link and training resources will be sent to registered participants the week of training
- 14 CE Credits / certificate will be provided upon successful completion of quiz following training
- 2-day attendance is mandatory for CE Credits

CONTACT US

- Registration: registration@emdr.com
- Phone: 831.761.1040



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