Eye Movement Desensitization and Reprocessing Treatment of Substance Use Disorder

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1. **Abstract**
2. **Introduction**
3. Definition of the problem (Fisher & Harrison, 2018; Zwebwn & Yeary, 2006; Heiling, 2015)
4. Definition of concepts such as EMDR, SUD, and AOD (Fisher & Harrison, 2018; Zwebwn & Yeary, 2006; Heiling, 2015)
5. Addiction symptoms and other mental health ailments commonly experienced by population (Fisher & Harrison, 2018)
6. **Thesis**
7. Effectiveness of EDMR as treatment for SUD patients
8. **Scope of the problem**
9. SUD as a severe disorder causing great psychological distress (Perez-Dandieu & Tapia, 2014)
10. Models of addictions (Fisher & Harrison, 2018; Perez-Dandieu & Tapia, 2014)
11. Family structure and dynamics (Fisher & Harrison, 2018; Zwebwn & Yeary, 2006)
12. Demographic data, method data, measures, procedure, and statistics

-Samples include: groups of 12 AOD individuals, case study of cross addicted female, 18 randomized clinical trials of a wide range of trauma populations and comparison conditions to SUD that had EMDR conducted (Abel & O’Brien, n.d.; Heiling, 2015; Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006; Shapiro et al., 1994)

-Measures include: Intake assessment, Treatment in a 12 Step Facilitation Mode, Addiction Severity Index-Lite, severity of depression and anxiety (pre and post-treatment), the Beck Depression Inventory, self-esteem measured with Coppersmith’s self-esteem inventory, Toronto Alexithymia Scale, and standard phonological interviews (Abel & O’Brien, n.d.; Heiling, 2015; Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006; Shapiro et al., 1994)

-Procedures include: Treatment as Usual, sessions of EMDR, post and pre EMDR assessments, and follow up interview analysis (Abel & O’Brien, n.d.; Heiling, 2015; Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006; Shapiro et al., 1994)

-Statistics include: descriptive statistics, baselines, and primary outcomes of measures (Abel & O’Brien, n.d.; Heiling, 2015; Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006; Shapiro et al., 1994)

1. **Bio-psycho-social issues**
2. Comordity between addiction and trauma related psychopathology (Abel & O’Brien, n.d.; Shapiro et al., 1994; Fisher & Harrison, 2018)
3. Trauma: in adulthood or childhood (Marich, 2009)
4. Behavioral disorders (Perez-Dandieu & Tapia, 2014)
5. Mental health illness (Zweben & Yeary, 2006)
6. Disease model of addiction (Fisher & Harrison, 2018)
7. Genetic predisposition, physiological differences, psychological variables (Fisher & Harrison, 2018)
8. **Impact of SUD’s:** Please note that the articles used for this outline did not provide extensive information about the impact of SUD. Therefore, I researched the class book and other books for additional information to be used.
9. Neurobiology of Addiction (Fisher & Harrison, 2018; Zweben & Yeary, 2006)
10. Co-occurring disorders (Fisher & Harrison, 2018; Perez-Dandieu & Tapia, 2014)
11. Behavioral Addictions (Fisher & Harrison, 2018; Marich, 2009)
12. Physical and mental health (Fisher & Harrison, 2018)
13. **Assessment:**
14. EMDR proved successful after 18 months of treatment for SUD patients (Mariach, 2009)
15. Efforts are underway to obtain funding for controlled trials to clarify EMDR as a promising addiction treatment (Zweben & Yeary, 2006)
16. Treatment effects of EMDR within the SUD population are rapid, indicating an important addition to the treatment of SUD (Shapira et al., 2012)
17. EMDR successfully treats PTSD symptoms in SUD patients (Perez-Dandieu & Tapia, 2014)
18. **Treatment and Recovery (including access and evidence-based treatment):**
19. EMDR sessions (Abel & O’Brien, n.d.; Heiling, 2015; Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006; Shapiro et al., 1994)
20. Treatment as Usual (Perez-Dandieu & Tapia, 2014)
21. Cognitive-behavioral therapy (Perez-Dandieu & Tapia, 2014)
22. 12 Step Work (Marich, 2009; Heiling, 2015)
23. Alcoholics Anonymous (Fisher & Harrison, 2018)
24. Narcotics Anonymous (Fisher & Harrison, 2018)
25. Support groups (Marich, 2009; Perez-Dandieu & Tapia, 2014; Zweben & Yeary, 2006)
26. Inpatient and Residential Treatment (Fisher & Harrison, 2018)
27. Intensive outpatient and outpatient (Fisher & Harrison, 2018)

References

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