TREATING HEADACHES WITH INTEGRATED EMDR

« A 2 DAY EMDR SPECIALTY WORKSHOP »

Presented by
Steven MARCUS, Ph.D

MAY 12th & MAY 13th 2012 IN PARIS

This training is recognized within the framework of continuous training of EMDR France: 11h = 11 credits T&P EMDRA training Training exclusively for trained EMDR clinicians

location: MAISON D'ACCUEIL ADÈLE PICOT 39 rue Notre-Dame des Champs 75006 Paris

Notre Dame des Champs – line 12 / Vavin - line 4

Acces Map

Subway Interactive Map RATP
Treating Headaches with EMDR – Presenter: PhD. Marcus

Ninety percent of the American public gets occasional headaches. An estimated forty-five million Americans have severe reoccurring headaches. Up until now the primary treatment for headaches has been pharmaceuticals. This workshop seeks to familiarize you with a safe non-medication alternative for the treatment of headaches that utilizes EMDR.

This workshop will employ lecture, demonstration and actual practice of the an integrated EMDR approach. The purpose of this training is to prepare you for clinical practice. Objectives include understanding Adaptive Information Processing in headache treatment, understanding headache pathophysiology, how to perform a headache evaluation, headache trigger identification, headache threshold theory, overview of Dr. Marcus’s Migraine Research, explanation of the integrated EMDR protocol, 4 stages of Migraine, 10 natural treatments for tension headaches, informed consent, and understanding the role of provider when deploying this approach in clinical practice. This workshop is for trained EMDR practitioners but previous experience in headache treatment is not required.

Steven Marcus Ph.D.

TREATING HEADACHES WITH INTEGRATED EMDR

THE 3 MAIN OBJECTIVES

Intent

The intent of this program is to train the participants in an integrated EMDR approach to treating tension and migraine headaches. The program will begin with an overview of current headache theory and clinical practices in psychology and medicine. Then participants will be instructed and practice Phase 1: Acute Headache Treatment and Phase 2: Multi-session headache treatment utilizing the Standard EMDR Protocol.

Objective # 1 Participants Will be Exposed to a Professional Overview of Current Headache Theory and Practice.


Objective # 2 Participants will Learn & Practice Phase 1 Acute Headache Treatment.

Goal: Participants will be trained in the 3 elements that comprise Phase 1 of integrated EMDR. Phase 1 is an acute headache treatment for stopping a headache in progress. This approach for acute migraine amelioration was initially presented in Dr. Marcus’s Migraine Research published in the EMDR Journal of Research & Practice in 2008.

Objective # 3 Participants will Learn & Practice Phase 2

Goal: To train participants in Phase 2: Multi-Session Headache Treatment. Phase 2 multi-session headache treatment utilizes the standard EMDR protocol and future template for the treatment of recurring headaches. Phase 2 reduces frequency, duration and severity of future headaches and brings the patient into stable recovery.
Objective # 1 Content: Overview of the Headache Problem.
90% of Americans experience headaches. Headaches are more common than the common cold. Over 45 million Americans suffer from recurring headaches. 16 headache types will be highlighted including Migraine, Tension and Cluster Headaches. Headache demographics and prevalence will be discussed.

Objective # 2 Content Review of Dr. Marcus’s Migraine Research.
Dr. Marcus’s randomized controlled study comparing integrated EMDR to Medications for the treatment of migraine. N=43. Research methods and results will be elaborated. Study suggests benefits of integrated EMDR (a non-medication) treatment for aborting migraine. Also relevant migraine medication studies will be presented.

Objective # 3 Content: The 4 Stages of Migraine
The 4 stages of migraine headache will be specified. 1. Prodrome stage. 2. Aura stage and its many variations. 3. Pain stage & symptoms. 4. Postdrome Stage.

Objective # 4 Content: Headache Pathophysiology.
The role of the hypothalamus, brain stem, trigeminal nerve, pain sensitive nerve fibers, dura, meninges, swollen blood vessels in causing the throbbing pain we identify as migraine will be outlined. Vascular headache theory and cortical spreading depression theory will be examined.

Objective # 5 Content: Diaphragmatic Breathing for Headaches.
Diaphragmatic breathing has been studied extensively in the literature for the treatment of headaches. 3 methods of breathing for headache relief and prevention will be explained, demonstrated and practiced.

Objective # 6 Content: Headache Triggers.
Over 50 common headache triggers will be identified such as caffeine, dairy products, MSG, sleep disturbance, red wine. The relationship of headache triggers to headache threshold will be elucidated. Headache medications that become an iatrogenic trigger for headache rebound.

Objective # 7 Content: Migraine Medications & Rebound.
An overview of medications that can be helpful or when misused can cause rebound or addiction will be presented. Typical medication classes such as Triptans, Analgesics, Decongestants, Isomethoptene Compounds, Pain medications, Anti-inflammatory medications and Ergotamine will be discussed. Medication overuse shall be highlighted.

Objective # 8 Content: Non-Medication Headache Treatments
10 “Quick Techniques” for treating mild headaches will be demonstrated & practiced. Also Brief descriptions of medication alternatives for the treatment of headaches will be discussed e.g. biofeedback, relaxation training, CBT.

Objective # 9 Content: Non-Head Pain Migraine Symptoms
This section is to alert participants to screen for atypical non-head pain migraine symptoms such as dizziness, gait disturbance, vertigo, gastrointestinal, fever, photophobia, vestibular symptoms, paresthesias, agnosia, aura, photophobia.

Objective # 10 Content: Headache Etiology Theories
Alternative headache etiologies will be discussed such as; high fat diets, stress, psychological causes, bacterial flora imbalance, enzyme deficiency, magnesium deficiency, copper deficiency, serotonin theory, amine theory, household chemical allergy, lighting, travel, and migraine spectrum theory. Exertion Migraine and Orgasm.
Objective # 11 Content: Performing a Headache Evaluation.
Participants will learn how to perform a headache evaluation in preparation for treating reoccurring headaches. This includes a presentation of common professional questions to be asked when evaluating headache patients. 22 standard evaluation questions with assorted checklists will be reviewed.

Objective # 12 Content: Phase 1: Acute Treatment Protocol.
Training in Phase 1 of Integrated EMDR. The goal of this part of the presentation is to describe, demonstrate and practice the integrated EMDR Phase 1 Protocol for treating acute headaches used in Dr. Marcus's Migraine Research for utilization in clinical practice. A demonstration will be followed by a practice session for participants in groups of 2-3. This is an opportunity for participants to have supervised practice with the Phase 1 Protocol for alleviating acute tension and migraine headaches.

Objective # 13 Content: Phase 2: Multi-session Headache Treatment.
Phase 2 of Integrated EMDR headache treatment is about how to use the standard EMDR Protocol for reducing frequency, duration and intensity of future headaches. Following a video presentation of a Phase 2 treatment, participants will practice Phase 2 in groups of 2-3. Recommended targeting sequences are outlined. In addition, instructions for future template and revivification will be presented and practiced.
Steven Marcus Ph.D.

Objective # 14 Content: Negative & Positive Cognitions for Headaches
Common negative and positive cognitions specific to headaches will be reviewed.

Objective # 15 Content: Adaptive Information Processing & Headaches
A presentation of how the AIP model informs us about EMDR based headache treatment and the role that the left & right hemispheres of the brain play in the processing of pain.

Objective # 16 Content: The Value of Non-Verbal Communication
Highlighting the elements of a psychotherapy relationship that are non-verbal: guiding patient eye movements, clinician voice tone, softness and speed, facial expressions, therapeutic gestures, sighs or touch, breathing with the patient, being “in the present” without words, reading patient facial expressions in building empathy and therapeutic alliance while treating headaches.

Objective # 17 Connecting Headaches to Lifestyle
Connecting headaches to lifestyle is about headache prevention. Behavioral interventions that can help your patients find a path to wellness include: diet, exercise, restorative sleep, bio-rhythm regularity, maintaining a headache diary, stopping negative cognitions, preventing destructive emotions, Yoga, Meditation, how to raise your headache threshold with EMDR, modifying or reducing work hours, tackle marital problems, reduce stress, increase self-esteem and assertiveness, reduce or eliminate worrying, trigger avoidance, creating islands of sanity.

Objective # 18 Content: Informed Consent for EMDR Headache Treatment
An informed consent document is presented. This document includes informing the patient of possible abreactions during EMDR, contraindications for EMDR headache treatment and permission to begin EMDR treatment for headaches.

Objective # 19 Content: Discussion of Clinical & Practice Issues.
Questions will be supplied for small group discussions of clinical practice and ethical issues surrounding EMDR headache treatment. Issues to be discussed are; transference, ethics, competence, informed consent, boundaries, fees, scope of practice issues, integrating headache treatment into a practice, time management.
### PROGRAM TIMELINE DAY ONE [ 9H à 16H30 ]

<table>
<thead>
<tr>
<th>Description</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introduction</td>
<td>10</td>
</tr>
<tr>
<td>2. The Headache Problem: Specifying Headache Types, Headache Demographics &amp; Prevalence. Medical costs, Headaches &amp; Productivity</td>
<td>30</td>
</tr>
<tr>
<td>3. Overview of Migraine Medication Research and Dr. Marcus’s EMDR Migraine Research</td>
<td>20</td>
</tr>
<tr>
<td>4. Identifying symptoms – Migraine-Tension-Cluster. The 4 stages of Migraine</td>
<td>60</td>
</tr>
<tr>
<td><strong>BREAK</strong></td>
<td>15</td>
</tr>
<tr>
<td>5. Connecting Headaches to Lifestyle: Headache Prevention</td>
<td>30</td>
</tr>
<tr>
<td>6. 3 Types of Diaphragmatic Breathing for Headache Relief.</td>
<td>20</td>
</tr>
<tr>
<td>7. Orgasm &amp; Migraine</td>
<td>10</td>
</tr>
<tr>
<td>8. Headache Pathophysiology</td>
<td>20</td>
</tr>
<tr>
<td>9. 10 non-medication headache treatments.</td>
<td>30</td>
</tr>
<tr>
<td><strong>LUNCH TIME</strong></td>
<td>60</td>
</tr>
<tr>
<td>10. Performing a Headache Evaluation: Practice</td>
<td>30</td>
</tr>
<tr>
<td>11. Informed Consent for Integrated EMDR</td>
<td>10</td>
</tr>
<tr>
<td>12. Phase 1: Protocol for Acute Headaches - Practicum and Questions.</td>
<td>90</td>
</tr>
<tr>
<td><strong>BREAK</strong></td>
<td>15</td>
</tr>
<tr>
<td>13. Video Demonstration of Phase 1</td>
<td>20</td>
</tr>
<tr>
<td>14. Migraine Triggers – Migraine Threshold</td>
<td>30</td>
</tr>
<tr>
<td>15. Preparation for Day 2 – Questions – Wrap-up</td>
<td>10</td>
</tr>
</tbody>
</table>

* The integrated EMDR Protocol for treating acute headaches and the utilization of the standard EMDR Protocol for mitigating or preventing future headaches was developed with consultation from Francine Shapiro Ph.D.

**=> An attestation will be delivered by I.E.T.S.P and steven Marcus**

**=> This seminar is in English, it will be translated by a professional translator**

For more information, Please contact: **M.MAYER Bernard**

**IETSP** 41, rue Boissière 75116 PARIS FRANCE  
Phone/Fax: +33 (0)1.44.05.05.90

**www.ietsp.fr - mayer@ietsp.fr**

SIRET: 498 872 753 00013 RCS PARIS – NAF: 804C - N° Formation: 11754262075