

WESTERN OREGON EMDRIA REGIONAL NETWORK presents: **AIP & Psychotropic Medications and Low-Dose Naltrexone Supported EMDR Therapy**
Saturday October 19, 2019 9am - 3pm.
Lane County Behavioral Health, 2411 Martin Luther King Jr Blvd, Eugene, OR



We're grateful to host 2 of our local EMDR community members to present on the integration of EMDR and various medications. Debby Phillips will be presenting on The AIP & Psychotropic Medications and Galyn Forster will present on LDN-Supported EMDR Therapy.

The cost for this program is \$20 / \$10 for WestOrEMDRIA Members and employees of LCBH which includes the price of lunch. Please visit www.westoremdria.com to register and find out more about our Membership Program. *Space is limited so PLEASE register in advance.

EMDRIA EC Provider #: RC 17017

Approved for 3 EMDRIA Credits: #RC17017-05

AGENDA

8:30– 9:00 Check-In
9:00– 9:30 Welcome, Network Updates, Ice Breaker
9:30 –11:00 AIP and Psychotropic Medications
11:00–11:15 Break
11:15–12:45 LDN Supported EMDR Therapy
12:45–1:45 Catered Lunch from Cafe Yumm
1:45- 3:00 Networking and Strategic Planning

This training will include 3 hours of didactic presentation followed by a catered luncheon (Cafe Yumm), networking time and strategic planning for the Western Oregon Regional Network.

This presentation focuses on commonly effective medications useful with symptomatic persons requesting EMDR AIP. Topics include; medications that are first line for people with PTSD and why; medications helpful for reprocessing; off-label medications; medications that may interfere with reprocessing; medication guidelines and suggestions; possible adverse effects; safety and precautions; why medications may appear to be not working; coordination with prescribers; and respond to questions submitted by Western OR EMDRIA members.

Using multiple case studies, this session will illustrate how LDN can be used as an adjunct in psychotherapy to address a variety of psychiatric issues, without the side effects associated with other psychotropic medications. LDN can significantly reduce psychiatric symptoms, but its effects are subtle and it is common for patients to discontinue use of the medication even though they may be experiencing a benefit. The presenter will identify a strategy for effectively initiating and maintaining use of LDN for treatment of psychiatric disorders, describe dosing considerations and address safety and medical risks factors. The presentation will explore possible mechanisms of action and identify the potential benefits of a constant partial blockade strategy compared to an intermittent blockade of opioid receptors for reducing dissociative phenomena. Relevant research will be highlighted.

Objectives: Upon completion, participants will be able to identify 2 ways in which psychotropic medications may be useful for clients in EMDR ; Demonstrate basic knowledge of EMDR / AIP “friendly” medications; Identify 2 ways of coordinating with medical professionals prescribing medications; Become familiar with pilot studies demonstrating low dose naltrexone (LDN) shows promise for the treatment of a wide array of autoimmune and cancer related issues by promoting improved regulation of a variety of biological systems; Learn how to introduce adjunctive use of LDN to clients and prescribers; Become aware of anecdotal and scientific evidence supporting the off-label use of LDN and high dose naltrexone for a variety of MH concerns; Learn when extra caution is required using LDN; Develop familiarity with using LDN as a low-risk pharmaceutical intervention with which to treat MH issues, including a step by step procedure for initiating an individual trial for mental health treatment.

Registration is open to mental health clinicians who have completed any EMDRIA-approved EMDR Basic Training. To register, go to www.westoremdria.com/registration.

Western Oregon EMDRIA Regional Network maintains responsibility for this program and its content in accordance with EMDRIA standards. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact the meeting organizer if special accommodations are required: Susan Wendelborg, LCSW 541-525-9416 / westoremdria@gmail.com / 1863 Pioneer Pkwy E, Springfield, OR 97477.

