

# The Cycle Model for Changing Problem Behaviors also featured: The Feeling-State Addiction Protocol

(practicum included)

**Presented by Mark Nickerson, LICSW**

Clients present with an array of problem behaviors including acting out and addictive/compulsive tendencies. These behaviors are powerful reinforcers of life struggles which often need immediate and effective attention in therapy before clients can process old trauma.

**Morning session:** Participants will learn **The Cycle Model**. This powerful tool integrates initial assessment, case formulation and ongoing intervention decision making. The model helps assess and develop client motivation and creates a road map to identify EMDR therapy priorities. (Links will be made to the work of Nancy Abel and John O'Brien).

The Cycle Model guides the customized matching of treatment priorities with an array of EMDR-based protocols. The morning session will highlight protocols for resourcing, reinforcing change, rescripting and rehearsing.

**Morning practicum:** Implementing the Cycle Model

**Afternoon Session:** The afternoon will focus on reviewing reprocessing protocols for compulsive/addictive behavior. It will review the EMDR work of Hase, Popky (DeTUR) and others but focus on the valuable strategy of targeting and reprocessing the positive attraction of a problematic behavior.

Robert Miller's Feeling-State Addiction Theory will be featured.

Participants will learn the steps of Miller's Feeling-State Addiction Protocol along with two other scripts for targeting feeling-states.

**Afternoon Practicum:** Targeting the positive feeling state

In each practicum, participants will be in the role of both "therapist" and "client." As client, participants may work on personal issues, or role-play either a real or fictitious client.

All protocols will be taught with clinical examples and discussion regarding considerations in clinical implementation. Useful handouts will be provided.

**Saturday, February 21, 2015**

*(snow date February 22)*

**9:00am - 5:00pm**

**Lunch 12:15pm - 1:45pm**

4th Floor Glickman Library  
University of Southern Maine  
49 Pavillion, Portland ME 04103

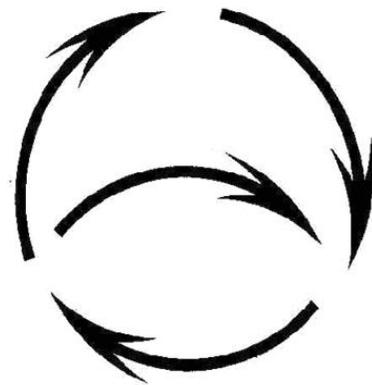
*Locally sponsored by EMDRIA Regional Coordinator and EMDR Consultant Celia Grand, LCSW.*

Early discount fee: \$125 by January 26th

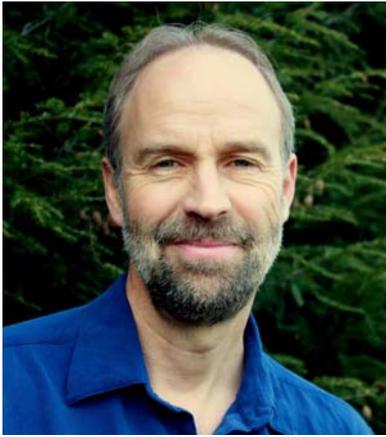
Full fee: \$150 after January 26th

(\$30 discount for 30+ hr/wk CMHC)

**6 EMDRIA CE credits** for those who have completed EMDRIA-approved Basic Training.



There has been great interest in **Robert Miller's fascinating Feeling-State Addiction Theory** since its introduction a few of years ago. **Indeed, every EMDR clinician will benefit from understanding how to target "positive" yet problematic feeling-states.**



Mark Nickerson, LICSW, a psychotherapist in Amherst, MA for 30 years, is an EMDRIA Approved Consultant, HAP trainer, EMDRIA Regional Coordinator of Western Massachusetts, and 2014 President of the EMDRIA Board of Directors. Mark has presented and trained at EMDRIA conferences and specialty trainings locally, nationally, and internationally on topics including EMDR Treatment of Problematic Anger and Related Behaviors, Problem Behaviors, EMDR Interventions for Social Stigma/Oppression and Prejudice, and the Strategic Use of Special Protocols.

He is author of *The Wounds Within*, an expose on the challenges for war veterans and their families.

Learn about upcoming and past trainings at [markinickerson.com](http://markinickerson.com)

### Participant Feedback from past trainings:

- "Something I can use immediately."
- "Mark's knowledge is exceptional... teaching style is engaging, organized, clear and thoughtful."
- "Very practical, useful information, thank you!"
- "Love to have this kind of high quality presentation locally."
- "Best handouts I've ever received - thank you!"
- "Loved it! So useful - immediately relevant. So clearly presented!"
- "Really well constructed and presented! Thanks!"
- "A great training!"

**Local Coordinator: Celia Grand, LCSW**  
**[cgrand@maine.rr.com](mailto:cgrand@maine.rr.com)**

*Mark Nickerson maintains responsibility for this program and its content. Mark Nickerson, LICSW, is an EMDRIA Approved Credit Provider and has received EMDRIA approval for this program.*

**Online registration at: [markinickerson.com](http://markinickerson.com) Questions? [markinickerson@gmail.com](mailto:markinickerson@gmail.com)**

### Objectives - Participants at this workshop will be able to:

- Describe the purpose of each protocol (Cycle Model and FSAP)
- Describe types of client issues appropriate for each protocol
- List one or more important features of each protocol
- With the aid of the script if necessary, be able to use each protocol with an appropriate client

### Schedule:

8:45a-9:00	registration
9:00-10:30	The Cycle Model for assessing problem behaviors and addictions, EMDR intervention options
10:30-10:45	break
10:45-12:15p	practicum and discussion
12:15-1:45	lunch
1:45-3:15	reprocessing protocols, targeting the positive feeling-state
3p-3:15	break
3:15-5:00	practicum and discussion

### Program Fees

\$120 by January 26th  
 \$150 after January 26th  
 \$30 discount for Community Mental Health Clinicians (30+ hours a week)

75% refunds until one week before the training.

Fee includes 6 EMDRIA credits.

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**My payment of \$ \_\_\_\_\_ is enclosed.** Mail checks made payable to:  
 Mark Nickerson, LICSW  
 368 Middle Street, Amherst, MA 01002