Preface ix
Acknowledgments xiii
Introduction xv

I. RESEARCH FOUNDATIONS AND THEORY
Introduction to Part I 1
1. Eye Movement Desensitization and Reprocessing Therapy 3
2. Addictions 21
3. The Stages of Change 43
4. Trauma 61
5. Assessment of Addictions and Trauma 71

II. CLINICAL IMPLICATIONS AND PRACTICAL INTERVENTIONS
Introduction to Part II 89
6. The Stage of Precontemplation 95
7. The Stage of Contemplation 103
8. The Stage of Preparation/Determination 113
9. The Stage of Action 127
10. The Stage of Maintenance and Relapse Prevention 135
11. Relapse and Recycling 145
12. Treating Comorbid Trauma and Addiction With EMDR Therapy 151
Afterword 159

III. CASE STUDIES
Introduction to Part III 161
1. Dana: Consecutive Day EMDR 163
2. Joanne: A Traditional Case Involving Trauma and Alcoholism 171
3. Tina: Therapy in Stages With a Traumatized Adolescent Marijuana Addict 177
4. Jack: The Sex Addict Who Wanted to Quit Smoking Cigarettes and Marijuana 181
5. Aidan: The Case of Addiction and Complex PTSD 185
6. Margo: The Client With Comorbid Alcoholism and Posttraumatic Stress Disorder 193
Conclusion 199
Appendix A: Screening Tools 201
Appendix B: Protocols 243
Appendix C: Resources 309
References 311
Index 335