

Recovering From Behavior and Substance Addiction with EMDR Therapy

September 18 & 19, 2026 from 9:30 am– 4:30pm at Norwalk Fire Department

Interested in addressing substance use disorders and behavioral addictions with EMDR and getting lost in a maze of Feeling States, DeTURs and stabilization barriers? Need some direction? No worries, I've been down those roads and created a step by step, phase by phase, treatment map for you!

How do you learn? To accommodate a variety of learning styles, the training uses demonstration, case presentation, lecture, video clips, and practicum that explores the use of EMDR therapy in the treatment of substance use disorders and other compulsive behaviors—specifically, with clients who are not yet abstinent. This treatment focused and practical workshop teaches you how to stabilize clients and desensitize addiction memory networks without increasing risk of relapse.

Presented by Sarah Osborne, LPC, LADC, NCC

[Sarah Osborne, LPC, LADC, NCC](#) is a Licensed Professional Counselor, Licensed Alcohol and Drug Counselor, and Nationally Certified Counselor. She is a HAP Approved Facilitator, and EMDRIA Approved Consultant & Advanced Credit Provider who specializes in the treatment of addiction, complex trauma and dissociation. She has experience working in community mental health settings and private addiction treatment centers. Sarah is actively involved with integrating EMDR therapy into several addiction facilities across the levels of care. She is dedicated to promoting space for healing and wellness across diverse populations in her private EMDR practice, the work she does with first responders, and as a co-owner of a perinatal group practice. She also provides ongoing individual and group consultation to all levels of EMDR professionals and consultants-in-training.

The training material is integrated into each phase of EMDR Treatment

Goals and Objectives, participants will be able to:

1. Describe how trauma is connected to the vulnerability to addiction.
2. Explain the basic findings of the ACE (Adverse Childhood Experience) Study.
3. Identify history taking questions that can be used to assess client readiness for trauma processing
4. Identify history taking questions that can be used to assess addictions
5. Identify common resourcing needs of persons with histories of complex trauma and addiction.
6. Identify at least two addiction specific stabilization options for phase 2
7. Describe the steps involved in addressing and desensitizing cravings, urges and triggers related to behavioral/substance addictions.
8. Explain the term “maladaptive positive feeling state”
9. Identify how to address the maladaptive “positive” feelings, body sensations or irrational cognitions linked to addictions
10. Identify and describe when to address underlying trauma using Standard Protocol EMDR Therapy would be appropriate
11. Identify and describe when the use of Addictions Protocols would be appropriate
12. Identify treatment planning options and common NC/PCs related to addiction.
13. Describe how to apply EMDR therapy to address common treatment barriers.

All taught step-by-step with videos, demonstrations, and practicum

INTERESTED? HERE'S MORE INFORMATION:

THIS TRAINING IS OFFERED AT NORWALK FIRE DEPARTMENT

DATE AND TIME: 9:30 am – 4:30 pm on May 1 & 2, 2026

COST: \$350.00 for FCTRT Members, \$375.00 for general public

Register for this event online at <https://sarahosbornecounseling.com/fctr-training-1> or contact osborne.consultation@gmail.com for more information

This program offers 12 EMDRIA Credits and 12 CEs provided by CE-Classes.com

Participant Requirements: This advanced level training requires a mental health counseling license (Psychologist, Licensed Professional Counselors, Licensed Social Workers, Licensed Marriage & Family Therapists) and to have completed EMDR Basic Training (all parts of training and have a certificate of completion) with an EMDRIA approved organization.

Cancellation Policy: Full refund minus \$50.00 fee if cancelled with a 2-week notice, no refunds after.

Grievance Procedure: Grievances should be written and will be replied to within 10 days to: PO Box 1123, Canaan, CT 06018

Current research is limited to the application of EMDR to trauma-related disorders

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact Sarah Osborne if special accommodation is required.

"There are no known commercial support or conflicts of interest for this program"

Program Timeline and Content

Day One

- 9:30 -10:00 am - Intro of presenter and brief survey of knowledge base of audience. Introduction to the use of EMDR therapy with addictive disorders and the connection between trauma and addiction—citing research in this area.
- 10:00-10:30 – Resourcing and Stabilization – review resourcing and stabilization skills. Future Rehearsal, videos to support learning.
- 10:30-10:45 Break
- 10:45-12:00 pm - Teaching 3 step exercise connected to positive affect tolerance protocol, reviewing window of tolerance. Teach WOT worksheet and how to create Resourcing Map. Review clinical example
- 12:00 – 12:30 break
- 12:30 -1:00 - Practicum of future rehearsal for access to positive future exercise and 3 step exercise form PAT
- 1:00 -2:30 - How do you know when client's are stable enough? Review considerations of stability relevant to addiction
- 2:30-2:45p Break
- 2:45 -3:45 Phase 1 – History Taking – considerations for addiction. Teaching about ACE, PTSD vs CPTSD, red and yellow/green flags to monitor during history taking, clinical example review
- 3:45 – 4:30– Treatment planning – Specific questions and topics to cover to begin to set up the use of the addictions protocols for treatment – Begin to consider and create own treatment plans

Day Two

9:30a – 10a questions, group discussion

10 – 11a How to choose a starting point based on clinical considerations (current use, reasons for using, trauma history and how it connects to use)

11-11:15 Break

11:15-12pm Addiction focused EMDR protocols and how to use them

12-12:30 Break

1230-2:30 continued teaching of Addiction focused EMDR protocols and how to use them. Identify when to use Addiction vs standard protocol.

2:30 pm – 3pm group practice addressing one positive feeling state or avoidance target

3:00-3:15 Break

3:15-3:30 Considerations when working with this population

3:30-4:00 How to begin to think about implementing these tools in the variety of treatment settings.

4:00-4:30 Review, open questions, discussion of next steps – consultation, implementation and further resources.

12 EMDRIA Credits— #24079-05 & 12 Continuing Education Credits offered by Ce-Classes.com

Sarah Osborne maintains responsibility for this program in accordance with EMDRIA Standards and 12 Continuing Education Credits offered by Ce-Classes.com

Ce-Classes.com is the provider of CEs. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at Ce-classes.com, entering a key code and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval.



CE-Classes.com is approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0627 Expires 06-2027
- California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP- Expires 3/31/2027
- Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- Florida Certification Board
- Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2027
- Massachusetts Authorization Number: (TBD)
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)
- South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers

