

Treating Headaches with EMDR Therapy

Presenter: Dr. Marcus

Headaches are the most common form of pain reported to medical professionals. Ninety percent of the European and American public gets occasional headaches. An estimated 45 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 successful, safe, natural, non-medication alternative for the treatment of headaches that utilizes EMDR Therapy. This workshop will employ lecture, demonstration and practice of an integrated EMDR approach to headache treatment.

Objectives include:

Overview of Dr. Marcus's Migraine Research, overview of headache pathophysiology, headache trigger identification, headache threshold theory, Summary of the 4 Stages of Migraine, understanding the role of Adaptive Information Processing for headache treatment. Live Practice of acute headache treatment, Overview of multi-session headache treatment. This workshop is for trained EMDR practitioners but previous experience in headache treatment is not required.

EMDR Therapy for Headaches Learning Objectives

Participants will be able to:

1. Identify the 4 Stages of Migraine and how this can benefit your clients.
2. Identify 6 Headache provoking triggers for headache prevention.
3. Compare benefits of natural EMDR Headache Treatment vs. Medications.
4. Identify the 3 essential elements of an Integrated EMDR approach for stopping an acute migraine or tension headache.
5. Practicum: Learn to stop an Acute Migraine Headache in your office.
6. Overview Protocol for Multi-Session Headache Treatment.
7. How to treat a headache during any of the 8 phases of the Standard EMDR Protocol.