

"God, grant us the Serenity to accept the things we cannot change; Courage to change the things we can; and Wisdom to know the difference" – Serenity Prayer, AA (Big Book)

BLSteps Training:

A 12 Steps – EMDR Interweaved Approach for Treating Addictions and Complex Populations

7 - 3Hr weekly meetings on Zoom

Thursdays 18:30-21:30 Israel time beginning Dec 3rd

EDMR is a very effective way to process traumas. Addictions are usually trauma based. However, much of the complexities of treating severe addictions, derive from the fact that addicts' patterns of processing tend to be maladaptive. This hinders the ability to process through traumas that would otherwise have a high degree of effectiveness using standard EMDR.

All work with addictions must address two axes:

- dealing with the original and secondary traumas,
- dealing with maladaptive addiction patterns that already exist and will continue to exist.

The Twelve Steps Program is a proven practical and spiritually oriented methodology for working with complex addictions. Despite its proven effectiveness, we still meet many patients who are unable to stay the course of the 12-step path to recovery

BLSteps is an innovative integrative treatment that combines EMDR processing with the principles of the 12 steps. The training includes step-by-step protocols that are a breakthrough in understanding the addicts' cognitive, emotional, somatic and spiritual maladaptive processing patterns and how to help the patient change them.

In this training, participants will:

1. Learn the basics of what addiction is, why it was chosen by the addict as a solution, and how it is maintained, according to the AIP model combined with the 12 steps.
2. become acquainted with the thinking and processing patterns of addicts and the complexity they hold when processing, as well as how to solve these difficulties.
3. learn the adaptation for the EMDR 8 phases when treating addictions and other complex populations.
4. Learn and practice specifically designed procedures tailored to tackle the unique obstacles faced by addicts:
 - STEPS 0-3: getting and staying on the road to recovery
 - STEPS 4-9: trauma work whilst maintain the step work
 - STEPS 10-12: learning how to maintain recovery

"God, grant us the Serenity to accept the things we cannot change; Courage to change the things we can; and Wisdom to know the difference" – Serenity Prayer, AA (Big Book)

**The training is intended for therapists who have already undergone EMDR training
(part one and two)**

The Trainers:

Yoni Elkins is an accredited EMDR consultant, an R-TEP, G-TEP and ISP trainer, and holds a master's degree in clinical social work with a sub-specialty in trauma therapy from Hebrew University. He has a private clinic and is part of the EMDR Institute of Israel, and studied and practiced addiction treatment in the Ksharim center for treatment of behavioral addiction. In addition to his clinical practice, he works in Hebrew University's Social Work Masters program, lecturing on addiction and trauma treatment with EMDR. He also has many years' experience working with combat soldiers and veterans and developed an adaptation to the R-TEP protocol with Tuly Flint for treating highly fragmented trauma hours to days from the traumatic event (F-TEP). Yoni is also a trained long-distance running coach and developed the PRT (Physical Reprocessing Therapy) protocol for processing during physical activity such as running. He is a therapist and consultant in the Israeli Defense Ministry's Combat Reaction unit and the Israel EMDR Institute.

Tuly Flint, an accredited EMDR consultant and Couples and Family therapist, is trained in Somatic Experiencing, CBT, Biofeedback and Narrative therapy both for families and individuals and holds a Master's degree in clinical social work from Tel Aviv University. He is a specialist in trauma and post trauma treatment with individuals, families and groups. He holds a private practice in Tel Aviv where by combining skills and methods from various fields, he provides clients with the best venue towards recovery and Post Traumatic Growth. He works with victims of terror, accidents and other life-cycle-traumatic-extreme events as well as with police and army veterans suffering from various levels of PTSD. He facilitates groups of bereaved siblings and parents, and teaches and lectures on trauma and post trauma prevention in organizations such as the IDF, Community Strength Centers, rehabilitation centers for substance abuse and hospitals. In addition to the BLSTEPS, F-TEP and PRT protocols he developed with Yoni Elkins, Tuly also developed the 'Tower of Hands' EMDR group intervention treatment for acute trauma.

Upcoming training dates: Thursdays 18:30-21:30 Israel time on Zoom. Dates: Dec 3rd, 10th, 24th, 31st of 2020 and Jan 7th, 14th, 21st, of 2021 – notice there is a break on Dec 17th.

Price: early bird by Dec 15th – 1,700 Shekel. After – 1,750 Shekel (roughly \$517)

For more information and to register for the next training: write to us at BLSteps12@gmail.com or ik0525030877ik@gmail.com