DeTUR

Desensitization of Triggers and Urge Reprocessing

S04565

International Institute for Trauma and Addiction Professionals

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DeTUR

An Urge Reduction Protocol to Combat, Addictions and Dysfunctional Behaviors and the Underlying Trauma

Based on the AAIP model of EMDR
SAFE THERAPUTIC RELATIONSHIP

“Rapport”

The foundation for trust in any relationship is rapport. It is the high level of trust the client feels with the therapist that causes the safe therapeutic relationship. One of the most important characteristics of a therapist is the ability to gain trust rapidly, and to maintain it throughout the therapeutic process. Rapport gives the therapist the right to ask questions and to elicit appropriate answers. This is crucial for success in this model.

BENEFITS OF COMBINING DeTUR & EMDR

- Both measurable
- Replicable step models (procedures)
- Use of bilateral stimulation is familiar
- AIP foundational to both: triggers and urges laid down from past experience with neurobiological correlations
- Preparatory for trauma treatment with focus on addictive, impulsive, compulsive behavior symptoms
  - Focus on trauma can ‘uncover’ triggers and urges to use (conditioned from early experience)
  - Focus on triggers and urges can ‘uncover’ traumas that are associated with them
EMDR & DeTUR

**EMDR**
- ★ Complete Psychotherapy (8 phases, 3 prongs)
- ★ Past, Present, Future
- ★ Target: Trauma
- ★ Limited cognitive interweaves
- ★ SUDS & VOC
- ★ Focus on experience of Trauma
- ★ Client centered

**DeTUR**
- ★ Specialized “phase 2” intervention
- ★ Future, Present, → Past
- ★ Targets: Triggers & Urges
- ★ Overt cognitive interweaves
- ★ LOU & Positive State/Goal
- ★ Focus on Behavior
- ★ Client Centered

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**Addiction Treatment Model**

![Diagram showing various components of an addiction treatment model including: COMORBIDITY ISSUES, RELAPSE MANAGEMENT, HISTORY, ASSESSMENT, DUAL DIAGNOSIS, REFERRALS MD MEDICATIONS, OUTPATIENT INPATIENT (DETOX), DRUG EDUCATION, TRAINING JOB SKILLS SOCIAL, CRISIS MANAGEMENT, HOUSING, FOOD, THERAPY GROUP/FAMILY, 12 STEP GROUPS.](image-url)
ADAPTIVE INFORMATION PROCESSING MODEL

Dysfunctional [not useful]  CONTINUUM  Functional [useful]

Daily Events  REM  COPE

TIME EXPERIENCE SUPPORT

AIP MODEL
DeTUR

★ Requires client desire and commitment
★ Only one component of addiction treatment
★ Written in Rubber
★ Developed through clinical experience (self and others)
★ Utilizes therapist’s training and experience
★ Flexible to match client’s world

EMDR or DeTUR

where to start

Trauma known ➔ EMDR

Behavior known ➔ DeTUR

EMDR [trauma] and/or DeTUR [relapse]
Differences in Treatment
between AIP and others

- Being in recovery is not a requirement
- Abstinence is preferred but not mandatory
- Treatment goals are defined by the client
- Target triggers that bring up the urge to use $[t_n]$
- Builds coping skills
- Deals with withdrawal symptoms
- Addresses relapse
- Ego strength enhancement
- Individualize therapy to address core issues behind behavior
- Therapeutic interventions accommodate clinician’s style and training
- Treats all addiction behaviors as somewhat similar (alcohol, cigarettes, crack, speed, anger, gambling, sex, etc.)

Target Weakest Triggers First

![Graph showing Ego Strength vs. Triggers]
History/Assessment

- Genogram
- Thinking/decision making process
- Coping styles skills
- Source of interweaves
- Affect management
- Addiction history
- Safety issues
- Resources: internal/external
- Previous therapy
- Medications
Assessment

★ EMDR treats the client NOT the diagnosis
★ Medications
★ Where to start?
★ AIP/EMDR - Trauma
★ AIP/DeTUR - Triggers

Diagnosis

★ EMDR treats the client NOT the diagnosis
★ Abandonment Issues
★ Dissociative? How much/when
★ DID
Where to start....

Preparation

- Commitment from the client and the desire to heal
- Check for client safety and stability
- Explanation of bi-lateral stimulation and the process
- Train metaphor
- Change: pictures, memories, body sensations
  [Minnie mouse in Malibu]
- Emotions [hill metaphor]
- Stop signal
- 12 step suggestions
Accessing Internal Resources

- Recall previous time when feeling empowered
- Access fully - feed back to client
- Bi-lateral stimulation to enhance (rapid =>24)
- Word for auditory anchor (Power Word)
- Check with client (non-verbal congruence)
- Test

  *time freeze*

  *model someone known*

  *fictional character*

INTERNAL RESOURCE – (Power Word)
Positive Treatment Goal (PG)

What do they want ....... What will it get them?

Theory [VISUALIZATION]

★ Elicited from client
★ Coping & Functioning
★ Positive terms
★ Component specifics
★ Within time constraints
★ Abstinence not necessary
★ Picture
★ Adjustments to enhance [bigger, closer, brighter, etc.]
★ BLS
★ Test

Positive State (PS)

How will you know?

★ Associate with/step into [as if]
★ Anchoring the feelings
★ Build
★ Enhance anchor w/BLS
★ Test
IDENTIFYING TRIGGERS

How do they know when to......

★ Person
★ Place
★ Thing
★ Time
★ Emotion
★ Situational
★ Action
★ Smell
★ Taste
Prioritize

- The worst addiction first
  Coke > Alcohol > Cigarettes
- The least powerful urge (t) first
- If smoking: start at the first of the day
  builds ego strength

What Can Happen!

★ If client abreacts
★ If client dissociates
★ If client intellectualizes
★ If interruptions or therapist gets lost
★ If response changes to positive
★ If client looping
★ If therapist notices change in physiology; Milton yes
★ If thread opens to trauma
Desensitize Triggers

**YES CHANGE**

1. **TRIGGER #1**
2. **PICTURE**
3. **LOU 0 to 10**
4. **“WHERE ARE YOU FEELING IT?”**
5. **HOLD PICTURE & BODY SENSATION TOGETHER**
6. **BLS**
7. **“WHAT ARE YOU GETTING NOW?”**
8. **“GO WITH THAT”**
9. **CHANGER**

**LOU = Level of Urge**

**BLS = Bi Lateral Stimulation**

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Installation

1. **TRIGGER #1**
2. **BLS**
3. **“WHAT ARE YOU GETTING NOW?”**
4. **POSITIVE RESPONSE?**
   - YES
   - NO
   - **CHECK LOU AND DESENSITIZE**
5. **“GO WITH THAT”**

**ASSOCIATED**
- SMELLS
- TASTES
- FEELINGS
- SOUNDS
Desensitize Triggers

**NO CHANGE**

TRIGGER #1 → PICTURE → LOU 0 to 10 → “WHERE ARE YOU FEELING IT?” → HOLD PICTURE & BODY SENSATION TOGETHER → BLS → “WHAT ARE YOU GETTING NOW?” → CHANGE? NO

Interweaves

- ★ Inner Child
- ★ Garbage (titrate)
- ★ O₂
- ★ Parts (ego state)
- ★ Past-Present-Future
- ★ Past (abreactions)
- ★ Guard Duty
- ★ TV
- ★ Adjustment
- ★ VoC
- ★ Choices
- ★ Fear
Future Template

➤ Run a movie of you experiencing the trigger and handling it successfully
➤ If you run into a pothole or problem open your eyes and focus on the problem
➤ BLS till desensitized
➤ Run the movie from the beginning again looking for potholes
➤ Continue till movies runs through successfully
➤ BLS on positive

Closure & Relapse

➤ Reframing relapse (artichoke)
➤ Continuing process
➤ Use of support structures
➤ Homework: Use of anchors
➤ Emotional Freedom Techniques (EFT)
Follow on Sessions

★ Enhance any/all successes w/BLS
★ Target new emerging triggers (relapse)
★ Work through remaining triggers

RESEARCH

★ SEXUAL COMPULSION
★ DOMESTIC VIOLENCE
★ INTERNET ADDICTION DISORDER
★ GAMBLING
★ PARURESIS
  ★ Michael Hasse - Cravex, addiction memory
  ★ Jim Knie - level of urge to avoid
  ★ Robert Miller - FSAP
Session One with Stephan

Demonstration of the DETUR Protocol - March 2017

A.J. Popky, Ph.D.