

# INTRODUCTION TO EMDR AND NEUROFEEDBACK AS INTERVENTIONS FOR SUBSTANCE USE DISORDERS



## DESCRIPTION

A large portion of people who struggle with PTSD also struggle with a substance use disorder. When people experience both PTSD and SUD, there is a worsening of psychological acuity. This training will focus on EMDR and neurofeedback as two possible interventions for PTSD and SUD. These interventions will be discussed peripherally to help practitioners increase their understanding and determine if either of these interventions could benefit their social work practice.

## OBJECTIVES

1. Review the NASW Code of Ethics to determine how this problem links with our principles and ethics as social workers.
2. Identify the DSM-V criteria for substance use disorder and PTSD.
3. Increase understanding of how trauma and SUD are connected.
4. Develop an understanding of how EMDR could be used as an intervention for SUD.
5. Develop an understanding of how neurofeedback could be used as an intervention for SUD.
6. Identify strategies to increase acceptance of people who struggle with opioid use disorders and other substance use disorders.

## INSTRUCTOR BIO

**Kathy Carruthers, DSW, LMSW, CAADC** began her social work profession while completing GVSU's MSW program. Upon completion of her degree, she worked with several populations: chronically and persistently mentally ill, deaf and hard of hearing, people with substance use disorders (SUDs), children, and families. Her passion grew to become people who struggle with SUD, and this is the passion that led her through her dissertation "Stigma Toward People With Opioid Use Disorder in Southwest Michigan" which she completed in 2022. While on her journey, she began to understand how trauma is the root cause for many people with struggle with SUD, and she changed directions again. Currently, her focus is trauma and how trauma from the youngest years can impact a person into their elderly years. She is an integrative therapist who uses multiple modalities in her private practice setting: MI, CBT, DBT, SFT, EMDR, and neurofeedback.

*FRIDAY, MARCH 14, 2025  
9:00 AM - 12:00 PM*

*COST: \$59  
CE CREDITS: 3.0  
COURSE LEVEL: BEGINNER*

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