

Joe Kearney will introduce the Feeling State Addiction Protocol (FSAP) and you will have the opportunity to practice elements of it.

In the world of EMDR, a number of protocols have been developed to help people affected by addictive substances or behaviours. For example, the DeTUR model developed by Dr. A J Popky grew out of a modified EMDR protocol he had been working on from the mid-1990's. Popky's approach is aimed at desensitizing the urge effect and strengthening the client's resources, combined with addressing issues that trigger the addictive behaviours with the standard EMDR protocol. Dr. Jim Knipe built on Popky's work by introducing the concept of a separate ego state that contains dysfunctional positive affect and using ego state therapy to help the client work through that.

More recently (2010), Dr. Robert Miller developed a new protocol that he calls the Feeling State Addictions Protocol (FSAP). This aims to break the link between the positive experience that people experience in their addictive activity and the activity itself. Identifying the exact feeling together with individual aspects of behaviour (which with shopping for example might include going into the store, having people wait on you, trying on clothes, buying the items and so on) are, says Miller, crucial steps in the FSAP procedure. The idea here is that some positive state was and is strongly reinforced by the activity and by addressing and processing that link, the cravings become greatly reduced. Then the standard protocol is used to help the client address the need or deficit that led to that positive state taking on such importance.

Please note that Robert Miller provides a two day training programme to enable practitioners to develop the basic skills in using FSAP in therapy settings. [Check out his website.](#)