

Biography / CV

CV Dr. Michael Hase

Born 31.07.1959 in Einbeck

Obtained the German "Abitur" diploma from a high school in Einbeck, Germany (Goetheschule; 1979).

Obtained a degree in medicine at the University of Kiel, Germany (Christian-Albrechts-Universität zu Kiel; 1979–1985).

After serving as a doctor in the German military, he received further education in neurology and psychiatry at private and public hospitals in Germany.

After obtaining the specialist qualification in psychiatry and psychotherapy in 1993, Hase worked as a consultant at the psychiatric hospital in Lüneburg, Germany for 15 years (Psychiatrische Klinik 1 am Niedersächsischen Landeskrankenhaus Lüneburg). He established a unit for the treatment of PTSD. Since his EMDR training in 1997, he has been working on the integration of psychotraumatological approaches and EMDR in clinical psychiatry, psychosomatic medicine, psychotherapy in secondary care, and rehabilitation. He completed his doctorate in 2006, which was dedicated to the topic "Reprocessing of the addiction memory with EMDR".

Hase is co-founder of the workgroup "acute traumatization" of the DeGPT. He has advised regional counselling centers of the German police forces and the health center of the German judiciary in Lower Saxony. Hase closely collaborates with department 6b of the German Armed Forces hospital in Hamburg.

Since 1999, he has regularly presented at national and international symposia on the topic of therapy for psychotrauma, as well as EMDR. His research focus is on the development of EMDR protocols for the treatment of substance dependence, depression, burnout syndrome, chronic pain, traumatization due to physical illness and medical treatment, as well as the general development of the EMDR method.

Hase has been head of the department of psychosomatic medicine and psychotherapy at an rehabilitation center in Hamburg ("RehaCentrum Hamburg") from 2007-2009. From 2009 -2016 he was head of the department for psychosomatic medicine and psychotherapy of a hospital in Bad Bevensen, Germany (Diana Klinik). Since October 1, 2016, he is working in private practice and has been concomitantly developing the Lüneburg Center for Stress Medicine.

Hase was an active member of the board of EMDRIA Germany, which he chaired from 2011-2018. He is a current member of the scientific committee of EMDR Europe and is on the scientific advisory board of NADA Germany.

Together with Dr. Arne Hofmann, Hase was awarded the Outstanding Research Award for his research on the EMDR treatment of depression and the creation of the international research project "EMDR Depression European Network" by the board of directors of the EMDR International Association in 2015.

Michael Hase is teaching EMDR as a senior trainer of the EMDR institute Germany in German-speaking countries and Denmark.

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Abstract

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EMDR to treat substance abuse and addiction

Background

The comorbidity of PTSD and substance abuse gives sufficient reason to treat patients who are addicted with EMDR targeting the traumatic memories, which drive the comorbid PTSD. However, there are several pathways leading to addiction and PTSD is only one of them. Thirty years of addiction research have provided sufficient evidence for the crucial role of memory in drug dependency. The addiction memory (AM) serves as a useful concept for "obsessive-compulsive craving" to be seen in drug addicted patients (Boening, 2001). The concept of an AM and its importance in relapse occurrence and maintenance of learned addictive behaviour has gained growing acceptance in the field of addiction research and treatment. The AM is interpreted as an individual-acquired memory following drug consumption in some individuals. The addiction memory is based on normal memory systems and systems of neuronal information processing. This neurobiological-based, imprinted, addictive behaviour seems to resist change under normal circumstances. The implicit nature of the addiction memory seems to qualify it as a target for EMDR treatment.

Method

In a pilot-study group of 34 patients with chronic alcohol dependency in in-patient treatment for detoxification were randomly assigned to one of two treatment conditions: treatment as usual (TAU) or TAU+EMDR. In the TAU+EMDR group patients received two sessions of EMDR focussing on memories of intense craving or relapse in order to activate and reprocess the addiction memory. The craving for alcohol was measured by the Obsessive-Compulsive-Drinking-Scale (OCDS) pre, post, and 1 month after treatment.

Results

The TAU+EMDR group showed a significant reduction in craving post-treatment and 1 month after treatment whereas TAU did not. The TAU+EMDR group showed less relapse at the six-month follow-up.

Conclusions

The results indicate that EMDR might be a useful approach for the treatment of addiction memory and associated symptoms of craving (Hase et al. 2008).

Learning Objectives

This workshop will address the EMDR treatment of comorbid PTSD and serves as an introduction into the application of EMDR as an adjunct in addiction treatment.

The workshop will explain the CravEx EMDR protocol in detail.

The current literature as well as EMDR approaches like DETUR by Popky or the Feeling State Addiction Protocol by Miller will be briefly introduced.



REFERENCES

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