

Let's Discuss...

**EMDR Therapy to Recover
from Trauma, Addiction,
Anxiety, Pain and more**



Dr. Jamie Marich

Thursday, May 30, 2024

PRESENTED BY



Fora Health

TREATMENT & RECOVERY

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Shining a Spotlight on Mental Wellness

We are thrilled to come together and learn about EMDR (*Eye Movement Desensitization and Reprocessing*) Therapy to Recover from Trauma, Addiction, Anxiety, Pain and more from Dr. Jamie Marich.

At Fora Health, we believe wellness encompasses mental, physical, and emotional health for individuals and their families. That is why the 2nd Annual Let's Discuss series is bringing relevant and forward-thinking topics to our professional community. Dr. Jamie Marich is the fifth speaker in our six-month series that ties together innovative topics like using AI to improve Mental Health, Rewiring the Brain, Inherited Trauma, and Racism in Medicine.

We know this education is vital and needed in our community. We are so glad you have joined us this morning, and we know you will leave with valuable insights for your personal life and professional career.

We look forward to all the ensuing conversation.

Let's have a discussion!

Devarshi Bajpai
Chief Executive Officer



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Chief Executive Officer

Fora Health, *formerly De Paul Treatment Centers*, has been providing transformational treatment in our community for 50 years! When we look at what it takes to recover from the disease of addiction, we understand that no one can do it alone. We believe that trauma-informed, evidence-based treatment programs along with supportive family and friends, compassionate healthcare providers and thoughtful public policy are needed to recover.

Thank you for your support!

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Meet Dr. Jamie Marich

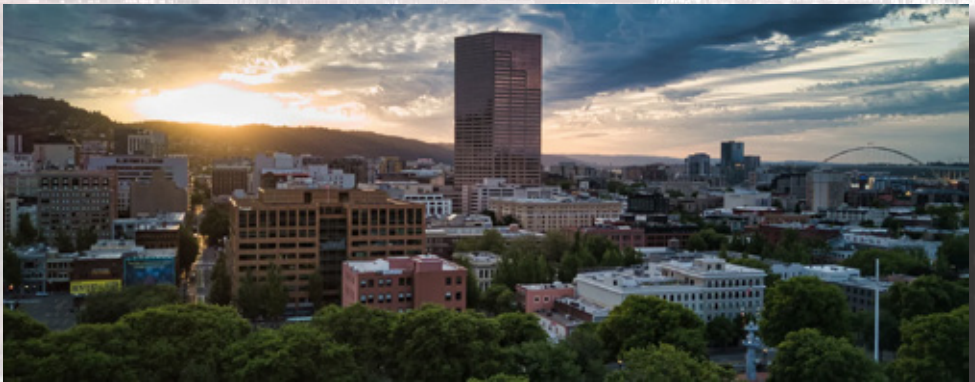
Dr. Jamie Marich (she/they) began her career as a humanitarian aid worker in Bosnia-Herzegovina from 2000-2003, primarily teaching English and music. Jamie travels internationally teaching on topics related to trauma, EMDR therapy, expressive arts, mindfulness, and yoga, while maintaining a private practice and online education operations in her home base of Akron, OH. Marich is the founder of the Institute for Creative Mindfulness and the developer of the Dancing Mindfulness approach to expressive arts therapy. Marich is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement* (2012), *Creative Mindfulness* (2013), *Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors*, *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015), and *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* (2019). Marich co-authored *EMDR Therapy & Mindfulness for Trauma-Focused Care* along with colleague Dr. Stephen Dansiger in 2018, and their new book with Springer Publishing *Healing Addiction with EMDR Therapy: A Trauma-Focused Guide* released in 2021. North Atlantic Books published a revised and expanded edition of *Trauma and the 12 Steps* in the Summer of 2020, and they released *The Healing Power of Jiu-Jitsu: A Guide to Transforming Trauma and Facilitating Recovery* in 2022. Her latest release with North Atlantic Book, *Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Life* came out in January 2023. She has three more projects in the works with North Atlantic Books, including her personal memoir about surviving spiritual abuse called *You Lied to Me About God*, due out in Autumn 2024.

The New York Times featured Marich's writing and work on *Dancing Mindfulness* in 2017 and 2020. NALGAP: The Association of Gay, Lesbian, Bisexual, Transgender Addiction Professionals and Their Allies awarded Jamie with their esteemed President's Award in 2015 for her work as an LGBT advocate. The EMDR International Association (EMDRIA) granted Jamie the 2019 Advocacy in EMDR Award for her using her public platform in media and in the addiction field to advance awareness about EMDR therapy and to reduce stigma around mental health. The Huffington Post published her personal story of being out as a clinical professional with a dissociative disorder in May 2023.

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Upcoming Speaker



Dealing with Racism in Healthcare

Dr. Jonathan Metz

Thursday, June 27, 2024 | 10:00 AM

PNC Live Studio

This dynamic presentation will shine a light on inequity in healthcare and guide us to actionable solutions to improve the quality of life for people across racial, economic, and political lines.



Register Now: forahealth.org/letsdiscuss



50

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Saturday, October 5, 2024

Learn more: forahealth.org/fora50

We Want to Hear Your Fora/De Paul Story!

We are collecting stories from past patients and staff to highlight throughout the year.

