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Title: Treatment of tobacco addiction using the feeling-state addiction protocol (FSAP) of the eye movement desensitization and reprocessing (EMDR) treatment

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Body: Compulsions and cravings for smoking have been the subject of behavioural treatment. EMDR is an established, effective treatment of trauma-based disorders. Recent findings suggest that a modified form of EMDR can also be used efficiently in the treatment of behavioural and substance addictions (Ricci 2006). Merging the Feeling-State Theory of Compulsions and EMDR, the Eye Movement Compulsion Protocol (EMCP) was developed. EMCP is used for fading both feelings and un-wanted behaviour related to smoking. The FSAP hypothesizes that the pleasure during smoking is imprinted in the brain generating feelings like comfort, contentment and happiness. Thus, when craving resurges, the Feeling-State (FS) behaviour is re-enacted. The EMCP incorporates the standard eye movement technique of EMDR to reduce the FS associated with impulsion to smoke. This study aims to assess the efficacy of the FSAP in the treatment of tobacco addiction of relapsed smokers with persistent compulsions to smoke. We studied 2 groups (12 smokers in each), that relapsed (at least 1 m after smoking cessation). Smokers were matched for age, sex, Fagerstrom Test for Nicotine Dependence & pack/d. The FSAP although brief, results in profound changes in behaviour (Miller 2011). Consequently, the 1st group was administered 6 sessions of the FSAP protocol. The 2nd group had 6 sessions of Cognitive Behaviour Therapy. The 2 groups were compared for smoking cessation (self-reported questionnaire, CO-measurements). The 1st group had a succession rate of 50% vs the second that had only 25%. Thus, we conclude that EMDR could be a very helpful tool in managing smoking relapses.