



Sensorimotor- Focused EMDR
2 Day Workshop
29th-30th April 2022
Sintons on The Bridge

Course Name: Sensorimotor-Focused EMDR 2 Day Workshop

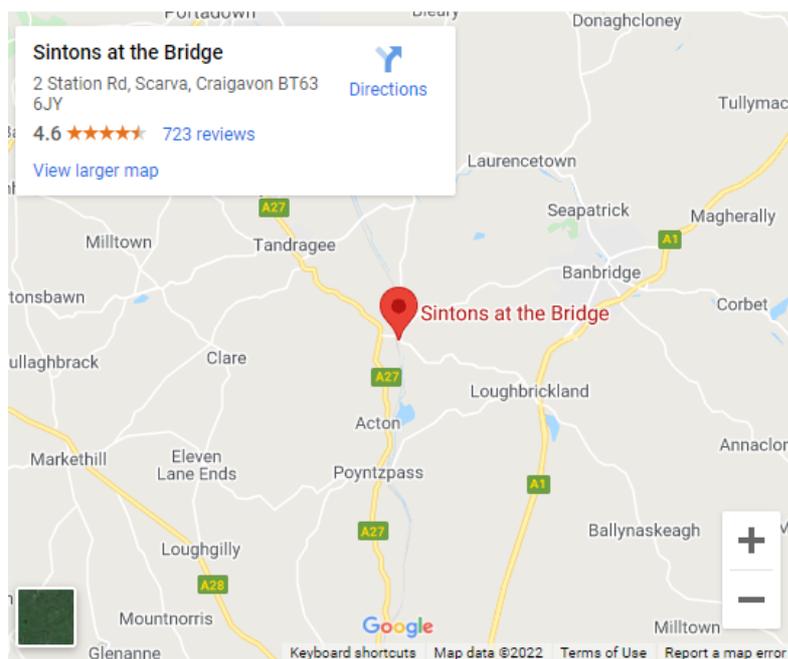
Course Facilitator Dr Art O'Malley & Mrs Eleri Lewis

Accreditation: 12 CPD points

Awarding Body: EMDR UK Association

Dates : 29th and 30th April 2022 from 10.00am to 5.00pm

Location : Sinton's at the Bridge 2 Station Road, Scarva, Craigavon, BT63 6JY.
Telephone: 028 3883 2444



Course learning objectives

1. This workshop involves discussion of the use of two well established therapeutic approaches.
 - (a) The first is EMDR which was developed by Francine Shapiro. In 1990 she proposed EMDR as a comprehensive approach to psychotherapy involving bilateral stimulation as a key component which was used initially for traumatic stress and now for depression anxiety and other mental health problems. The various forms of externally generated bilateral stimulation will be discussed namely Rapid Eye movement (REM) tactile units and auditory stimulation.
 - (b) The second is Sensorimotor Psychotherapy. This is a bottom-up approach to psychotherapy which was developed in boulder Colorado. Pat Ogden, Kekuni Minton and Clare Pain wrote the introductory text, "Trauma and the Body" in 2006. For dealing with complex trauma with dissociative symptoms it has proved useful to augment EMDR with this approach.
2. Combining EMDR and Sensorimotor Psychotherapies allows for treatment of complex trauma and associated dissociative symptoms. Patients are shown by EMDR therapists how to develop resilience leading to m and by Judith Herman will be described.
3. EMDR therapists will be shown how to use EMDR in the management of the emotional and physical health problems such as periods in intensive care units' post-surgery and in the treatment of neglect and emotional, physical, and sexual abuse.
4. The impact of developmental trauma on the body and the implications for EMDR psychotherapists will be outlined.
5. Management of various case studies of clients with combat related Complex PTSD using EMDR will be discussed. The workshop will address these issues with clinical examples and there will be time for EMDR therapists to discuss how this approach might apply to their own patients and clients.
6. EMDR therapists will learn how to use EMDR for women who have experienced birth trauma and with young children and adolescents.'
7. There will be an examination of the concept of moral injury and how future research using intensive EMDR can be used in management.

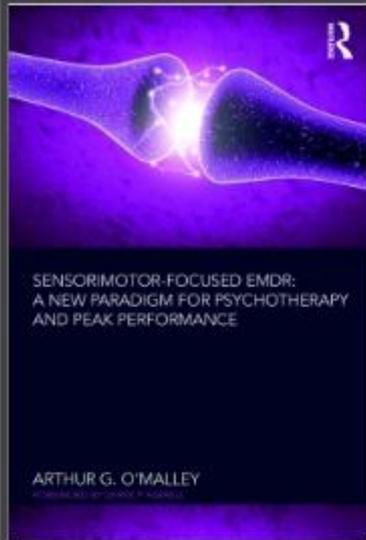
Day one

9.30am-10.00am	Registration and tea or coffee
10.00am-11.00am	Introduction to the three stages of trauma recovery based on work of Judith Hermann 1992
11.00am-11.30am	Tea or Coffee and biscuits
11.30am-1.00pm	Impact of trauma and neglect and abuse on the developing infant brain. How the body keeps the score in relation to developmental trauma disorder
1.00-2.00	Lunch
2.00pm-3.30pm	Key principles of how to integrate sensorimotor concepts into EMDR psychotherapy with case examples
3.30pm-4.00pm	tea/coffee
4.00pm-5.00pm	Q and A session on management of complex cases not fully responsive to EMDR Psychotherapy
5.00pm	Close

Day Two

9.30am-10.00am	Registration and tea or coffee
10.00am-11.00am	Case Discussion around Dissociation and Complex PTSD
11.00am-11.30am	Tea or Coffee and biscuits
11.30am- 1.00pm	Complex Trauma/PTSD in victims of the 'Troubles' in Northern Ireland. From diagnosis to recovery.
1.00-2.00	Lunch
2.00-3.30pm	Use of EMDR for trauma at birth and in children and adolescents.
3.30pm-4.00pm	Tea or Coffee
4.00pm-5.00pm	Using EMDR for Moral injury and proposals for future research including intensive EMDR.
5.00pm	Close

Following attendance at the 2 day workshop delegates will receive a feedback questionnaire. On completion an attendance certificate with CPD points will be issued.



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