

**Two day workshop on Sensorimotor-Focused EMDR organised by Ely Centre 52
Forthill Street Enniskillen Co Fermanagh for EMDR and trauma informed therapists**

Dates 29 and 30 April 2022 from 9.30am to 5.00pm Sinton's Scarva Craigavon NI

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, USA. Pat Ogden, Kekuni Minton and Clare Pain wrote the introductory text, "Trauma and the Body" in 2006. It can be used for resolving complex trauma with dissociative symptoms.
2. Combining EMDR and Sensorimotor Psychotherapies allows for more effective treatment of complex trauma and associated dissociative symptoms. The three stages of Trauma Recovery by Judith Herman in 1992 will be described, i.e., stabilization, dealing with traumatic memories and integration and moving on.
3. EMDR therapists will be shown how to use Sensorimotor EMDR in the management of the emotional and physical health problems. These include patients 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. Case study presented by Eleri Lewis EMDR and DBR Practitioner and Play therapist

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 two day workshop delegates will receive a feedback questionnaire. On completion an attendance certificate with 12 CPD points will be issued