



## EMDR TRAINING PROSPECTUS

EMDR Workshops is pleased to offer comprehensive EMDR training approved by EMDR Europe.

- **EMDR is a powerful and state of the art treatment approach.**
- Its **effectiveness** (and efficacy) has been validated by extensive research. It is recommended as one of two trauma treatments of choice by NICE (The National Institute for clinical excellence), who advises the NHS on evidence based treatments.
- The **EMDR Workshops course** is designed for qualified mental health practitioners from any theoretical background and is held over three sets of two days.
- **The interactive training takes place in small groups** and is given by highly experienced EMDR Workshops UK trainers. There is a high ratio of staff to trainee, (approx 1:9). This combination of small groups and individual attention does most to enhance and build self-confidence in using EMDR and ensures a high completion rate of all three parts. EMDR Workshops receives consistent positive feedback from trainees.
- **Research update.** Training content is continually updated to include the latest research findings and guidelines, current thinking and future trends relating to psychological trauma and EMDR treatment. EMDR Workshops also offer occasional specialist workshops to update you on recent developments.

In **Part One**, you will have an introduction to trauma, learn how EMDR was developed, its theoretical background and an overview of current research. You will receive comprehensive training in all eight phases of the protocol, including dealing with abreactions and blocked processing. You will be taught treatment contraindications and a basic understanding of dissociation. At the end of Part One, you will have a solid understanding of the basic model and experience of applying it with other course participants. This will enable you to treat individuals suffering from Type 1 or primary trauma disorders.

On completion of Part One, trainees are expected to practice EMDR. The EMDR Workshops Team will encourage you to join an EMDR support network, advising on current practice guidelines and help you find an appropriate supervisor.

In **Part Two**, you will gain a deeper understanding of the protocol and have the opportunity to receive supervision of your work to date. There is also an introduction to understanding and coping with affect-tolerance problems. You will learn how to employ helpful client resources which is an important cornerstone of EMDR. Your skills and ability to work with blocked processing will increase and you will learn how and when to use the Cognitive Interweave and work with specific clinical problems. There is ample opportunity for supervised practical experience to enhance your skills. At the end of Part Two, you will be able to apply EMDR to more difficult cases and a greater variety of problems.

**Part Three** deals with more challenging and complicated problems such as complex trauma, dissociation, sexual abuse, chronic pain, grief and somatic disorders. Skills in EMDR case-conceptualisation and in comprehensive and relevant history taking are emphasised. You will receive further supervision and experience of using the EMDR protocol.

On completion of all three parts, you will be trained to a level which is recognised throughout Europe and you will receive the EMDR Europe Certificate of Completion. You will have the opportunity to commence the process of becoming accredited as an UK and Ireland Association and Europe Association EMDR practitioner. Useful information about this will be provided.

**In House training** can also be organised, please contact for further information.

## **The Core Training Team**

### **Richard Mitchell**

Richard is an EMDR Europe accredited trainer, consultant and facilitator. He is a founding member of the EMDR Europe Association and is the current President. He was trained in EMDR by Francine Shapiro in 1993/4. His background is in mental health social work and he is a UKCP accredited psychotherapist. He has a private practice and is Director of the Harley Street Trauma Clinic in London.

### **Dr Manda Holmshaw**

Manda is an EMDR Europe accredited consultant, facilitator and training to become a trainer. She is the past president of EMDR Association UK and Ireland. She was trained by Francine Shapiro in 1994/5. She is a consultant clinical psychologist trained in psychoanalytic psychology and cognitive behaviour therapy. She is now in full-time private practice and is Clinical Director of Moving Minds Psychological Management and Rehabilitation Ltd, a national network of psychological trauma and stress specialists.

### **David Blore**

David is an EMDR Europe accredited facilitator and consultant. He is a past president and membership secretary of EMDR Association UK and Ireland. He was trained by Francine Shapiro in 1994. He has a background in mental health nursing and is a BABCP accredited cognitive behavioural psychotherapist. David is in full time private practice specialising in occupational mental health and situation trauma growth.

Further information can be found on: [www.emdrworkshops.com](http://www.emdrworkshops.com)  
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