

# EMDR AUTUMN WORKSHOP INFORMATION & BOOKING FORM

OCTOBER 17<sup>TH</sup> 2008

VENUE - YORK

Welcome to the first EMDR UK & Ireland Autumn Workshop day being held in York, North Yorkshire. We are proud to present a full day of workshops; registration starts at 9am with a plenary session starting the day at 0930, we then have 12 workshops on the day, and a end plenary session which will finish the day at 1630. The structure for the day is on the reverse. We have tried to collect a wide range of workshops to help you, the EMDR therapist, refine, update and hone your skills, to extend your practice and provide a greater depth to both the art and science of EMDR, all for only £100. In addition the day is an excellent networking opportunity and we have Blue Stallion Publications providing a book stand so that you can stock up on EMDR books and equipment. We will also be running a raffle in aid of EMDR HAP. We are incredibly excited by the potential of the day; spaces are **limited to only 100 delegates** so booking early is highly recommended. The workshops are booked on a first come, first booked arrangement, we will try to ensure that your first choice is met, but if the workshop is oversubscribed you will be allocated to your second choice.

## Overview of the workshops

**Workshop 1 – EMDR Supervision:** What gets talked about? What the supervisee wants from EMDR supervision v. what EMDR accreditation requires: - *David Blore EMDR Consultant & Facilitator*

This workshop is aimed at EMDR supervisors and supervisees alike, particularly those supervisees considering or already involved in working towards accreditation. Starting with the findings of the audit of supervision conducted earlier in 2008 immediately prior to the changing of the accreditation criteria, discussion will be focused on how to address supervisees needs and match those needs with the accreditation paperwork. **INTERMEDIATE LEVEL**

**Workshop 2- EMDR Therapy in Groups** – *Kay Toon EMDR Consultant*

This workshop will describe how 2 therapy groups in an NHS setting were run using EMDR to process severe traumas simultaneously in a group setting. The results (amazing!) and process will be discussed. Of interest to **ALL LEVELS** but only experienced practitioners would be able to run similar groups.

**Workshop 3 – Using EMDR in Developmental Issues** – *Annette Morris – EMDR Practitioner*

Workshop designed to explore some of the developmental issues encountered with clients and how to work with them. **ALL LEVELS**

**Workshop 4 – EMDR & Self Soothing** – *Sandy Browning – EMDR Consultant*

A brief review of what is happening as a physiological neurobiological level and then looking at self soothing techniques to stabilise and strengthen client's resources to tolerate EMDR processing of the trauma. Mindfulness and other techniques demonstrated and explored in a group setting. Be prepared to try it yourself! **ALL LEVELS**

**Workshop 5 – EMDR & The Law** – *Charles Burdett EMDR Practitioner & Fiona Lucas EMDR Practitioner*

This workshop will explore the legal aspects of working with people pre trial. **ALL LEVELS**

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### **Workshop 6 – Working with avoidance in EMDR – *Pauline Fulham EMDR Consultant***

Offering security to reluctant or fearful clients through an understanding of mechanisms and direct control of their own process in early therapy. Going beyond Psychoeducation, mindfulness/grounding and visualisation to consideration of techniques, timing and the nuts and bolts of process management. **INTERMEDIATE LEVEL**

### **Workshop 7 – EMDR & Continuum Trauma – *Derek Farrell – EMDR Consultant & Trainer***

The premise of this workshop will explore idiosyncratic characteristics encountered by survivors of continuum trauma and to then consider these experiences in light of the conceptual framework of PTSD. These idiosyncratic trauma characteristics have implications with regards to appropriate psychological interventions for survivors. This will be discussed in more detail in considering the utilisation of EMDR with this particular group. **ALL LEVELS**

### **Workshop 8 – Learning from EMDR Treatment Failures – *Symon Day – EMDR Therapist***

This workshop is not about giving you the answers, but about exploring questions – about how things don't always work out and what we can learn from each other. If you have a pathological need to appear flawless then this workshop may not be for you, otherwise we may all benefit from our wiliness' to share and learn from each others mistakes. **ALL LEVELS**

### **Workshop 9 – EMDR & Children – *Anita Sabey – EMDR Consultant***

The use of EMDR with children and adolescents, in a CAMHS setting. Using case studies to demonstrate how EMDR is integrated within a child/person centred approach. **ALL LEVELS**

### **Workshop 10 – EMDR & Pain – *Helen Macdonald – EMDR Practitioner***

This workshop will give participants an introduction to using EMDR with people who have persistent pain. The EMDR protocol (Grant and Threlfo 2002) can be used to promote more successful management of pain, and can change pain sensations. Targets might also include the impact of the pain on life situation. The workshop is aimed at people who have completed EMDR training, but who may not have applied it with this client group. **INTERMEDIATE LEVEL**

### **Workshop 11 – EMDR & Hypnotic Language – *Fokkina McDonnell – EMDR Practitioner***

Trance or hypnotic language can be used conversationally. As such, trance language can be used effectively as part of an EMDR session – to close incomplete session, and as a kind of 'interweave' to encourage and facilitate movement. This workshop aims to introduce participants to some key elements of trance language. **INTERMEDIATE LEVEL**

### **Workshop 12 – EMDR in the MOD – *Dr Jamie Hacker-Hughes - EMDR Consultant***

Workshop to explore the issues and practice of utilising EMDR within the MOD. **ALL LEVELS**

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Please indicate which workshop is your first and second choice. It is a first come first served basis – so book early!

1000-1100  
Workshop 1- David Blore –  
Getting Accredited: an audit  
of EMDR supervision

or

1000-1100  
Workshop 2- Kay Toon - EMDR  
& Group work

or

1000-1100  
Workshop 3 - Annette Morris –  
Using EMDR in Developmental  
issues

1100-1130 Tea & Coffee Break

1130-1230  
Workshop 4 - Sandy Browning –  
EMDR & Self Soothing

or

1130-1230  
Workshop 5-Charles Burdett &  
Fiona Lucas - EMDR & the Law

or

1130-1230  
Workshop 6 - Pauline Fullam –  
EMDR and working with clients  
in avoidance

1230-1330 Buffet Lunch & Book Stand

1330-1430  
Workshop 7 - Derek Farrell –  
EMDR with Continuum traumas

or

1330-1430  
Workshop 8- Symon Day – When  
EMDR Doesn't work

or

1330-1430  
Workshop 9 – Anita Sabey –  
EMDR & Children

1430-1500 Tea & Coffee & HAP Raffle

1500-1600  
Workshop 10 – Helen Macdonald  
– EMDR & Pain

or

1500-1600  
Workshop 11- Fokkina  
McDonnell – EMDR & Hypnosis

or

1500-1600  
Workshop 12 – Dr Jamie Hacker-  
Hughes – EMDR in the MOD

1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice
1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice
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Booking Form

Full Name	Contact Number & Email	Address

If paying by cheque please make the **£100 cheque** payable to **EMDR AUTUMN WORKSHOP**

<b>Invoice Address:</b>  	<b>Purchase Order Number:</b>  
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If you wish to pay by credit card then please log onto our website at [www.ystc.co.uk](http://www.ystc.co.uk) click onto the EMDR AUTMUMN WORKHOP banner and register online.

## Workshop Time

1000 – 1100

1130 – 1230

1330 – 1430

1500 – 1600

## Workshop Choice 1<sup>st</sup> and 2<sup>nd</sup>

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

You may return this form by Email to [info@ystc.co.uk](mailto:info@ystc.co.uk) or by POST to:

**Matthew Cole**  
**York Stress & Trauma Centre**  
**22 Holgate Villas**  
**Holgate Road**  
**York YO24 4AB**

For all enquires please ring Matthew on 07717 854355

**Attendance at the workshop day will carry 5 CPD Hours (TBC)**

EMDR Autumn Workshops reserves the right to cancel the conference due to reasons beyond its control; alter the location of the event; and change the programme of events for the day, but will notify the conference delegates at least 24 hours prior to the event where possible. EMDR Autumn Workshops may use your personal information together with our information for providing marketing, promotional purposes and administration. We may also keep your information for a reasonable period for marketing purposes in order to contact you about our services, but you can choose not to receive such marketing material at any time. All the data is held securely and is treated confidentially. Under the terms of the 1998 Data Protection Act, you have the right to request that your data be removed from our database. If, at some stage, you wish to be removed from our database, please advise us by emailing:[info@ystc.co.uk](mailto:info@ystc.co.uk) or phone us on 07717 854355

Please tick in the box if you do not wish to receive further information, and wish to be removed from our database

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