

EMDR - Eye Movement Desensitization and Reprocessing (Level 1 & Level 2)

9 – 16 March 2015

Changi General Hospital, Trauma Recovery and Corporate Solutions (TRaCS)

Eye Movement Desensitization and Reprocessing (EMDR) is an empirically validated integrative psychotherapy approach to trauma and posttraumatic stress disorder (PTSD). Based on an information processing theory, EMDR is an effective and efficient method of treating traumatic memories and related problems. It has been empirically tested with patients experiencing a considerable range of psychological complaints, following the traumatic loss of a loved one, rape, sexual molestation, and natural or man-made disasters. EMDR is a treatment of choice by numerous mental health departments, and trauma organizations. The International Society for Traumatic Stress Studies and the American Psychiatric Association have designated EMDR as an effective treatment for PTSD.

The courses are a hands-on clinical skills training for using EMDR and integrating it with your psychotherapy approach and are appropriate for clinicians who are currently actively seeing clients. Level 1 training provides initial mastery of the therapeutic approaches unique to EMDR in the treatment of psychological trauma. Level 2 training is necessary for the full therapeutic utilization and understanding of the myriad applications of EMDR.

Trainer: Dr. Gary Quinn

Dr. Gary Quinn is a psychiatrist, and was personally trained by Dr. Francine Shapiro, originator of EMDR. He is Director of the Jerusalem Stress and Trauma Institute and Clinical Assistant Professor of Psychiatry at Ohio State University. He is an accredited EMDR trainer, recognized by EMDR Institute Inc. and EMDR Singapore.

He specializes in Crisis Intervention, the treatment of Anxiety Disorders, and the treatment of Post-Traumatic Stress Disorder following military trauma, terrorist attacks and motor vehicle accidents. He is also the Co-Founder and Co-Chairman of EMDR-Israel.



Dr. Quinn has conducted numerous trainings in Israel and runs supervision groups. Dr. Quinn has been the primary trainer in Hong Kong and Korea, and has been appointed "Trainer of Trainers, Asia". Dr. Quinn participated as a trainer for the HAP (Humanitarian Assistance Program) in Turkey following the earthquake. He went to Thailand after the tsunami in 2004. He has volunteered in medical hospitals after terrorist attacks and went between the bomb shelters in the last Lebanon Israel war (2006) to treat patients with ASD and PTSD. In those bomb shelters he utilized the group disaster protocol developed for children. This same protocol helped children after the Tsunami in Thailand to return to the water. Dr. Quinn developed the Emergency Response Protocol (ERP) to treat victims of trauma with EMDR within hours of the incident when they are suffering from speechless terror with multiple rapid flashbacks to be able to talk and deal with their terror. This protocol has not yet had validating studies but was presented to the trauma conference of the United Kingdom and Ireland EMDR Society in Glasgow, Scotland. It was again presented to the World Psychiatric Association Regional meeting in Seoul, South Korea and the Europe EMDR society annual meeting in Paris and later in London.

Dr. Quinn had run several EMDR courses in Singapore. He was also invited as a PTSD expert addressing the staff as well as policy makers from the Ministry of Health, Singapore. He was the keynote speaker at the Changi General Hospital, Trauma Conference in 2009.

Training Outline

GOAL OF THE EMDR TRAINING

This experiential training will familiarize participants with a broad spectrum of EMDR applications sufficient for comfortable and efficient use with a wide range of patients and situations. Special attention will be given to the therapeutic needs of clients.

AUTHORIZED FORMAT

EMDR is a specialized approach that requires supervised training for full therapeutic effectiveness and client safety. The training will consist of lecture, live and videotaped demonstrations and supervised practice. The format of this workshop has been designed by the originator of EMDR, Francine Shapiro, PhD. The workshop leaders have been individually selected and trained by her to provide the comprehensive information necessary for appropriate client selection and effective utilization of EMDR. This is the workshop program which has been taught by Dr. Shapiro since 1990. EMDR Institute adheres to the ethical standards of APA, social work, nursing and mental health boards.

Learning Objectives

EMDR Level 1

- Identify 3 components of the EMDR Approach designed to provide effective treatment with clients
- Describe 3 important existing research studies
- Name the 8 phases of EMDR for comprehensive treatment & how to implement the phases with clients
- Identify the parameters treatable with EMDR to safely and effectively implement EMDR with clients
- Describe 3 aspects of the AIP Model for effective case conceptualization & treatment planning
- List 6 types of client complaints treatable with EMDR
- Describe the criteria for client selection and how to apply to client cases
- Describe 3 safety measures for effective and safe use of EMDR

Pre-requisites. Masters in Psychology, Counseling or Social Work (or relevant field), MBBS OR a minimum of 2 years of supervised clinical experience AND currently in clinical practice

EMDR Level 2

- Describe 3 strategies to identify and effectively resolve problem areas in the utilization of EMDR
- Describe protocols for closing down incomplete sessions
- Describe 3 resources to use with difficult or resistant clients
- Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment
- Describe strategies for dealing with highly emotional responses
- Describe strategies for dealing with dissociative symptoms and phobias
- Describe strategies to treat more complex trauma-related disorders EMDR Level 2

Pre-requisites. Certificate for Level 1 training including 5 hours of post-course supervision AND currently in clinical practice

Training Schedule

Course	Duration	Date	Time	Cost
EMDR Level 1	3 Full days + 5 hours of group supervision via skype	9 – 11 March 2015	9 - 5pm	\$2,400/pax (with GST)
EMDR Level 2	3 Full days + 5 hours of group supervision via skype	12 – 13 & 16 March 2015	9 - 5pm	\$2,400/pax (with GST)

Cost includes morning, afternoon tea & lunch on all the training days

EMDR Registration Form

Registration Dateline: 1 December 2014.

Limited spaces available and will be on a first come first served basis.

Please register early to avoid disappointment

Title: Prof / Assoc Prof / Assist Prof / Dr / Mr / Mrs / Mdm / Ms (please circle)

Name:

Designation:

Please print in CAPITALS and underline your surname

Name of Organization / Place of Clinical Practice:

Mailing Address:

Telephone:

Mobile:

Cheque#

Email:

EMDR Registration

I wish to attend (Please ✓)	Course	Duration	Date	Price
	EMDR Level 1	3 Full days + 5 hours of group supervision via skype	9 – 11 March 2015	\$2,400/pax (with GST)
	EMDR Level 2	3 Full days + 5 hours of group supervision via skype	12 – 13 & 16 March 2015	\$2,400/pax (with GST)

Note: All prices above include prevailing GST charges and fees for group supervision. Supervision dates, timings and venue will be confirmed with the EMDR trainer during your training days.

Registration Pre-require

Please submit copies of the following upon your registration:

- Level 1
- o Masters in Psychology, Counseling or Social Work (or related field); **OR**
 - o Evidence of registration as a Psychologist or Counselor with SRP/SAC **OR**
 - o Signed statement from Clinical Supervisor confirming min 2yrs of supervised clinical experience
- Level 2
- o Certificate for Level 1 training including 5 hours of post-course supervision

Registration & Payment

1. For interested parties, please register with **Ms Pauline Soon**. Email: Pauline_Soon@cgh.com.sg
2. Registration will only be confirmed upon full payment of fees. Registration fees are non-refundable, but replacements are acceptable.
3. Do ensure your cheque is crossed and made payable to "**CHANGI GENERAL HOSPITAL PTE LTD**"
4. Write your name and contact number on the reverse of your cheque and enclose the registration form.
5. If your payment is for more than one participant, do clearly state the name(s) of the participant(s)
6. Please do not send any postdated cheque.
7. All cheques should be mailed to: Attention: **Ms Pauline Soon, TRaCS, CHANGI GENERAL HOSPITAL PTE LTD, 2 SIMEI STREET 3, SINGAPORE 529889**

Post EMDR Supervision

As post course supervision is essential for the success practice of EMDR, participants who are unable to attend all or part of the 5 hours of post course supervision will need to make their own arrangements (and provide documentation) for certification to be issued.

Enquires

Please email your enquiries to: Jass_Kee@cgh.com.sg (DID: 6850 4484)