

## Delivering Effective EMDR Therapy Online: Implementing recent lessons learnt during the Pandemic: Video Course

Dr Jamie Marich

Video Course

CPD credits: 3/CE credits: N/A

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

Overcoming their initial apprehensions, EMDR practitioners globally have risen to the challenge of continuing to deliver EMDR Therapy through online and remote channels, to meet the needs of their clients who might be attempting to live with the aftermath of single-episode and / or recurring trauma. The planetary health emergency presented by COVID-19 however continues to challenge our faculties as therapists and there are some important learnings we have picked up during this time – learnings that can help modify and **adapt our online delivery of EMDR so as to enhance its efficacy within the constraints of online settings.**

At this practical seminar, Dr Jamie Marich highlights the efficacy levels that can be achieved when delivering EMDR therapy through online sessions; while helping us navigate the constraints offered by this format of therapeutic engagement. She draws on the training insights that she offered to EMDR therapists at the beginning of the pandemic, updated with knowledge acquired from the EMDR Therapy community and her own practice over the last year. She explains how we can continually adapt our practices, incorporating the different responses that can be elicited when bilateral stimulation is facilitated online – with a view to addressing both **specific-incident adult trauma** (rape, war, RTAs, natural disaster etc) and also the deeper, **more complex impact of attachment-informed developmental dysfunction from childhood.**

She will explore both practical and relational best practices which are best suited for delivery of EMDR online. Specifically, the seminar will:

- coach webinar participants on the general **recommendations of the EMDR International Association (EMDRIA)**, EMDR Europe, and EMDR UK regarding the delivery of EMDR therapy via telehealth / online platforms



- **differentiate between dual attention stimulus (DAS) and bilateral stimulation (BLS)** and discuss the importance of both in EMDR therapy
- classify the advantages and disadvantages of working with each form of bilateral stimulation online and to make appropriate decisions for implementation based on the individual client
- determine best course of clinical action for addressing situations in delivering EMDR therapy online that may prove challenging for clinicians (e.g., **managing abreaction and dissociation; addressing suicidal ideation, internet failure**)

#### Seminar Outline:

- EMDR Therapy Online: The Basics
  - What have we learned during COVID-19?
  - Technical set up (general)
  - EMDR therapy guidelines online/virtual
  - Attending to dual attention stimulus (DAS)-bilateral stimulation (BLS) online
- Clinical Effectiveness
  - Relational and safety considerations
  - Demonstration and clinical commentary
  - Open Q & A
- Working with Stressors and Uncertainty Due to COVID-19
  - The art of adaptation
  - Continuing to plan for the future as EMDR therapists and with EMDR clients
  - Assessing for further training needs

*Note: This workshop is primarily for therapists already trained in EMDR therapy. You may still benefit from the course even if you have training in another trauma-focused modality, although compulsory knowledge of EMDR is assumed and will not be covered. The views expressed on this webinar do NOT reflect those of any EMDR therapy governing bodies (e.g., EMDRIA, EMDR UK-Ireland, EMDR Europe) and are strictly those of the presenter and her training organization, The Institute for Creative Mindfulness.*

#### About the speaker

**Dr Jamie Marich** began her career working for humanitarian aid in Bosnia-Herzegovina from 2000-2003. As the founder of the Institute for Creative Mindfulness, she travels internationally, speaking on topics related to EMDR therapy, trauma, addiction, expressive arts therapy, mindfulness, and yoga while maintaining a private practice in her home town of Warren, OH. She is the developer of the [Dancing Mindfulness](#) practice and regularly trains facilitators to take this unique practice into both clinical and community settings.

Dr Marich is the author of several books on trauma recovery: *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* (2019), *EMDR Therapy & Mindfulness for Trauma-Focused Care* (2018, with Dr Stephen Dansiger), *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015), *Trauma Made Simple* (2014), *Creative Mindfulness* (2013), *Trauma and the Twelve Steps* (2012), and *EMDR Made Simple* (2011). She considers herself outspoken and freely shares her own experiences in recovery from dissociative disorder.