



Innovations in EMDR Therapy: for a Rapidly Changing World

An online workshop with
Dr Jamie Marich & Mark Brayne

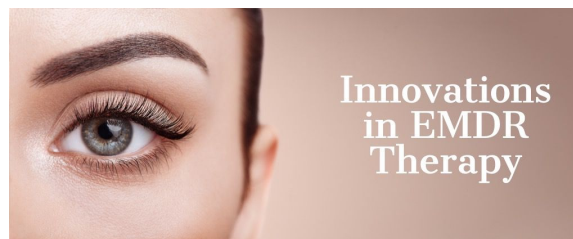
Zoom Webinar
27 January 2023, Friday

Times:

2pm – 5pm, London UK
9am – 12 noon, New York, USA
8am – 11am: Chicago, USA

CPD hours: 3 / CE credits: N/A

Limited number of early bird tickets at £56 only
Regular price: £65



Location: Online streaming only
(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

Innovations and modifications to Dr Francine Shapiro's original EMDR Therapy protocol have existed ever since she first conceived this therapeutic approach in the late 1980s. Initially understood as therapy for individuals who had experienced specific traumas, *EMDR has since evolved to include applications for several other psychopathological disorders*. There has been an especially busy pace to innovations in the field since the onset of the global pandemic, with some current trends including:

- Increasing evidence of the efficacy of online EMDR - which is proving in many ways as effective as in-person work, in addressing not just PTSD but also complex trauma and developmentally-informed presentations
- The growing importance of identifying and addressing a client's *attachment wounds* as part of an EMDR therapeutic plan that can work with most 'diagnoses'
- The development of the *Flash Technique* (an approach with bilateral stimulation which remains minimally intrusive without requiring the client to engage consciously with the traumatic memory), and of what has been termed *EMDR 2.0*, which places particular emphasis on taxing working memory without the need for extensive previous stabilisation
- The identification and acceptance of a *wider range of bilateral stimulation techniques*, including self-administered butterfly and other taps
- The growing availability of dedicated platforms enabling the remote and effective delivery of EMDR's core experience of Bilateral / Dual Attention Stimulus

This cutting-edge webinar brings together two globally acclaimed EMDR experts from both sides of the Atlantic – Dr Jamie Marich, renowned for her ground-breaking views on EMDR therapy and Dissociation, and British



psychotherapist Mark Brayne, one of the first vocal advocates of online EMDR – to discuss and present new best practices that have emerged from recent modifications and adaptations of EMDR - which can be effectively deployed in service of our more challenging clients.

Mark will focus on how to bring the quality of *radical curiosity* to our clients' formative attachment stories from childhood, with a tight focus and structure to what he terms *attachment-informed EMDR – creatively rewiring the literal past to change both present and future*.

Jamie will explain the latest version of her *Four Faces of EMDR* model first envisioned in 2010, highlighting necessary adaptations of the EMDR Standard Protocol for dissociation and complex trauma; while remaining within the guiding structure of Shapiro's original creation.

Previous training in EMDR Therapy is optimal yet not required for this webinar; participants registering understand that this three-hour webinar is *not* a full EMDR Therapy training course.

Learning Objectives:

- To explain at least three major adaptations that are actively being made by EMDR therapists globally to Francine Shapiro's standard protocol and discuss their clinical utility
- To apply principles of adaptation and modification to working with EMDR therapy in telehealth platforms
- To discuss the future of EMDR therapy and how it can be optimally used to address issues of complex trauma and dissociation in a rapidly changing and unstable global climate
- Key innovations to the actual practice of EMDR, including: *working with Attachment-Informed EMDR, Intergenerational Trauma, Parts and Dreams*
- The Four Faces of EMDR Therapy; necessary modifications and adaptations for working with complex trauma and dissociation in EMDR Therapy

About the Speakers:

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 hometown 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.

Mark Brayne is an EMDR Europe Accredited and EMDRIA-Approved Consultant and was for 30 years international correspondent and senior editor for the Reuters news agency and the BBC World Service.

Mark gained his Masters degree in Transpersonal Psychotherapy in 2000, and as Founding Director of the *Dart Centre Europe for Journalism and Trauma* was from 2004-2008 a Board member of the *European Society for Traumatic Stress Studies* (ESTSS).

For the past 20 years, Mark has been training and speaking internationally on journalism, trauma and psychotherapy. He has contributed workshops and keynote addresses to a number of conferences since 2000, including the ISTSS and ESTSS, the BACP, the EMDR Association UK and the Parnell Institute US.

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There is no known commercial support for this program

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