



 **EMDR**
Dublin2024

PATHWAYS TO PEACE WITH EMDR

EMDR Europe Workshop Conference

7 – 9 June 2024

The Convention Center Dublin, Ireland

QUICK REFERENCE TIMETABLE

The detailed programme is available on the [official website](#) and on the [Mobile App](#).

FRIDAY JUNE 7TH

17:00 - 17:30	Opening & Welcome - Olivier Piedfort-Marin
17:30 - 17:45	David Servan Schreiber Award
17:45 - 19:00	Keynote - Bethany Brand
19:30 - 20:00	Welcome Cocktail

SATURDAY JUNE 8TH

9:00 - 10:30	Parallel Workshops
10:30 - 11:00	Break - Exhibitors' Stands And Poster Boards
10:30 - 12:30	Parallel Workshops
12:30 - 14:00	Lunch Break
14:00 - 15:30	Parallel Workshops
15:30 - 16:00	Break - Exhibitors' Stands And Poster Boards
16:00 - 17:30	Parallel Workshops
17:45 - 18:00	Best Poster Award - Francine Shapiro Award
18:00 - 19:00	Keynote - Michael Paterson
20:30	Gala Dinner

SUNDAY JUNE 9TH

9:00 - 10:30	Parallel Workshops
10:30 - 11:00	Break - Exhibitors' Stands And Poster Boards
11:00 - 12:30	Parallel Workshops
12:30 - 14:00	Lunch Break
14:00 - 15:30	Parallel Workshops
15:30 - 16:00	Break - Exhibitors' Stands And Poster Boards
16:00 - 16:30	Trauma Aid Europe Award
16:30 - 17:30	Keynote - Gus Murray
17:30 - 18:00	Closure

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WELCOME



DEAR COLLEAGUES,

It is no coincidence that the theme of the 2024 EMDR Europe conference in Dublin is “Pathways to Peace with EMDR”. Ireland’s history is a journey of striving for wellbeing, independence, and peace. Only in 1998 was a peace agreement reached in the more recent acute phase of conflict in Northern Ireland.

Inspiringly, the EMDR community in Ireland came together in 2020 to form a single EMDR All-Ireland Association, bringing together EMDR therapists on both sides of the Irish border. EMDR All-Ireland Association is a first of its kind, the sign of a will to reach out to the others – acknowledging, respecting, and embracing cultural, political, religious, and individual differences. Such a process needs courage, time, and a strong will of all communities to be successful.

“Pathways to Peace with EMDR” relates also to something very dear to Francine Shapiro. She believed that EMDR therapy could reduce and prevent the transfer of trauma from one generation to the next, and in doing so, building trust between people and nations, and helping to create the conditions for lasting peace. This is what EMDR therapists are doing every day, directly or indirectly, all over Europe and all over the world.

We are aware that the attainment of this goal is extremely challenging and far from being achieved. EMDR Europe strongly believes in this vision, and this is why clinicians from all European countries and beyond will gather in Dublin in June 2024 to share this vision that promotes humanity in its best values and resources.

As well as hosting workshops and keynote presentations around this theme, the conference will also host a broad range of other workshops, exploring the latest clinical development in EMDR therapy. It will give the chance for attendees to meet other clinicians and researchers from all around the world, united with one common goal: share knowledge and innovations in the field of EMDR therapy, and personal and professional enrichment as EMDR therapist. The beautiful city of Dublin, its famous Irish welcome and its green surrounding landscape will make your stay a memorable one. Not to mention the Gala dinner at the world-famous Guinness storehouse.

During the 2024 Dublin Conference, EMDR Europe will celebrate its 25th anniversary. There is no better way to celebrate this special Jubilee of our association than remembering Francine Shapiro’s vision and legacy: the strive for Peace – inner peace and peace between human beings.

I will be very happy to meet you in Dublin.

Olivier Piedfort-Marin Ph.D.
President of EMDR Europe Association

EMDR CONFERENCE COMMITTEE (ECC)



Dear colleagues,

Another journey through the EMDR world is going to begin! When organizing a conference we always try to combine the

thirst for knowledge, new discoveries and clinical applications in the field of EMDR, with the need of leisure and the curiosity of visiting new interesting and beautiful places.

This time we take you to Ireland where culture, art and leisure blend harmoniously, so as Chair of the EMDR Europe Conference Committee I am pleased to welcome you to the EMDR Europe Workshop Conference in Dublin, that this year will be focused more on workshop's sessions.

We are always deeply committed to making the conference's days as pleasant as possible, taking care of each organizational step and detail, trying to meet your expectations and doing our best to make this experience fruitful and memorable.

Also this year, in order to facilitate participation, it will be possible to follow the conference online and as always the presentations that will take place in the Auditorium will be translated into different languages.

So all you have to do is sign up and save the date! I look forward to meeting you all in Dublin.

Bruna Maccarrone

Chair of EMDR Conference Committee



Olivier
Piedfort-Marin



Isabel
Fernandez



Beatrice
Strock



Sofia
Mariani



Marian
Tobin



Guida
Manuel

SCIENTIFIC COMMITTEE



Michael
Haas



Sara
Carletto



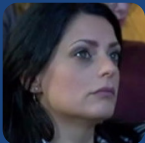
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PROFESSIONAL CONGRESS ORGANIZER

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Congress

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The team building EMDR 2022 is located in various European countries, and after the great success of EMDR 2019, 2021, 2022 and 2023, we are very proud and excited to partner with the EMDR Europe Association for this event in 2024.

Staff



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Congress Manager



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GUIDING DISSOCIATIVE CLIENTS TO FIND SOLID GROUND

Friday 7 June 2024 | 17:50 - 19:00 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

Until recently, there was little treatment research to guide clinicians about stabilizing the most severely dissociative and traumatized clients.

Few mental health clinicians have received systematic training about the assessment and treatment of dissociation. It is critical that clinicians are aware of the myths as well as the research about treating complex dissociative clients. Dr. Brand will discuss myths about treating dissociative individuals and findings from the Treatment of Patients with Dissociative Disorders (TOP DD) studies. This series of studies shows a wide range of improvements for patients receiving present-oriented, stabilizing treatment. More than a decade of research and input from clinicians

and individuals living with dissociative reactions informed the development of the psychoeducational program called Finding Solid Ground. Dr. Brand will provide an overview of the randomized controlled trial that is underway to study the impact of the Finding Solid Ground program. Thus far, patients who are participating in the study show a wide range of benefits. Clinicians who participated in the study deepened their understanding of practical approaches to help stabilize complex dissociative clients.



BETHANY BRAND

*Ph.D., Professor at Towson University
Expert in trauma disorders and dissociation.*

Bethany Brand, Ph.D., a Professor at Towson University, is an expert in trauma disorders and dissociation. Dr. Brand has published over 120 professional papers and chapters, as well as three books, related to the impact of trauma as well as the assessment, and treatment of trauma, dissociation, and attachment. Dr. Brand's research focuses on a series of international dissociative disorders treatment studies (TOP DD studies); assessment methods for distinguishing dissociative disorders from other conditions including malingering; training therapists about treating trauma; and the assessment of the accuracy and adequacy of textbooks' coverage of trauma. In her private practice, Dr. Brand treats complex trauma patients and serves as a forensic expert in trauma-related cases.

KEYNOTES/Abstracts and Biographies

SINK OR SWIM - A LIVED EXPERIENCE OF THE NORTHERN IRELAND CONFLICT

Saturday 8 June 2024 | 18:00 - 19:00 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

Dr Michael C Paterson OBE grew up in Northern Ireland during the conflict years within one side of the political divide.

He experienced trauma as a regular observer and then as a recipient. As a young man, in his role as a police officer, he was severely injured in the line of duty and lost his career, and life as he knew it. Through his rehabilitation, Michael lived with potential threat to his life from other factions in the community. Through all this he coped and later became a clinical psychologist - and then discovered how to treat trauma with EMDR Therapy. Michael is now an EMDR Europe Accredited Senior Trainer who has delivered training to a growing number of mental health professionals based throughout Ireland and

the United Kingdom. He is honoured, and humbled, to have been invited to address you. What the presentation will give you: An understanding of the impact of the conflict in Northern Ireland. Michael's story of challenge and change during the ongoing conflict. How EMDR Therapy changed Michael's life and that of many others.



MICHAEL PATERSON

*Former police officer
who served within the Royal Ulster Constabulary
in Northern Ireland during the conflict years*

In 1981, during an IRA rocket attack on his armoured police Land Rover, he sustained significant and life-changing injuries, losing both arms and suffering severe lacerations to his lower limbs. Michael lost his police career. He also faced an uphill struggle to change his life. He trained in clinical psychology and then EMDR Therapy. Today he is an EMDR Europe Accredited Senior Trainer who revels in making a difference through his individual client work, and through enthusing and empowering clinicians to deliver EMDR Therapy. Michael's story is set in growing up in a divided society, having a limiting self-belief, and then suffering severe physical trauma. In 1998, EMDR Therapy made a difference in Michael's life - he went on to make his contribution to peacebuilding, and also developing EMDR and treating trauma. Michael was later honoured in 2008 by Her Majesty Queen Elizabeth II through the award of Officer of the Order of the British Empire, a highly respected order of chivalry and serves as a forensic expert in trauma-related cases.

KEYNOTES/Abstracts and Biographies

HEALING THE LEGACY OF TRANSGENERATIONAL TRAUMA WITH EMDR THERAPY

Sunday 9 June 2024 | 16:30 - 17:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

There is growing consensus that trauma can arise not only from the direct impact of adverse experiences, but also from transgenerational transmission.

A growing body of research points to the influence of epigenetics. While DNA carries our inherited genetic coding, epigenetics is an additional layer that guides gene expression. Through interaction with our early developmental environment, epigenetic chemical marks are accumulated, determining how much or little a gene is expressed. Early traumatic experiences can rearrange these epigenetic marks, leading to impaired neural connections as well as an impairment in physical, emotional, cognitive, behavioural, and interpersonal functioning. These modifications, which occur outside of conscious awareness, are encoded primarily in lower brain regions, becoming stored primarily in the body and emotions,

and have been found to pass on to offspring and to future generations.

For example, traumatic wounds expressed in chronic shame and addictive behaviours may be giving external expression to implicit memories that had their origins in earlier or repeated traumatic circumstances and may have been transmitted over several generations. This presentation will provide an overview of the key pathways that lead to the development of transgenerational trauma at the geopolitical, community and family levels. The key clinical manifestations of transgenerational trauma will be identified and framework for its assessment and treatment with EMDR therapy will be presented and illustrated. The challenges of identifying and processing transgenerational trauma memories that are held implicitly, outside of awareness will be addressed.



GUS MURRAY

President of the EMDR All-Ireland Association. He is an EMDR Europe Accredited Senior Trainer and Consultant with 25 years' experience in the use of EMDR Therapy.

He is a highly experienced Counselling and Psychotherapy trainer having been Programme Director and Lead Trainer at the Cork Institute of Technology for over 25 years. He is an Integrative Psychotherapist, accredited with the Irish Association for Counselling and Psychotherapy and has also completed standard and advanced level trainings in Somatic Experiencing (SE) and is an accredited SE practitioner. Additionally, he has completed standard and advanced level trainings in Internal Family Systems (Ego State) therapy and has extensive experience in the teaching and practice of Ego State therapy. Gus was the recipient of the Carl Berkeley memorial award (2017) from the Irish Association for Counselling and Psychotherapy in recognition of his outstanding contribution to the development of the Counselling and Psychotherapy profession. He has presented at EMDR conferences and events throughout Ireland, the United Kingdom and Europe.

WORKSHOPS/Abstracts and Biographies

FINDING SOLID

Saturday 8 June | 9:00 – 17:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish



Speaker bio

Bethany Brand, Ph.D., a Professor at Towson University, is an expert in trauma disorders and dissociation. Dr. Brand has published over 120 professional

papers and chapters, as well as three books, related to the impact of trauma as well as the assessment, and treatment of trauma, dissociation, and attachment. Dr. Brand's research focuses on a series of international dissociative disorders treatment studies (TOP DD studies); assessment methods for distinguishing dissociative disorders from other conditions including malingering; training therapists about treating trauma; and the assessment of the accuracy and adequacy of textbooks' coverage of trauma. In her private practice, Dr. Brand treats complex trauma patients and serves as a forensic expert in trauma-related cases.

Abstract

Background and aims

Dr. Brand will review expert recommendations in this day-long workshop, Bethany Brand will share a conceptualization of clients' unsafe and risky behaviors as well as practical interventions that are useful in stabilizing complex trauma clients.

Methods

Dr. Brand will review expert recommendations for interventions that are crucial in stabilizing highly dissociative clients. She will then discuss the most common triggers and functions of unsafe behaviors among dissociative individuals. Knowing these triggers and functions is a crucial step in stabilizing clients' high-risk behaviors.

Results

The Finding Solid Ground program addresses these triggers and functions and supports clients as they enhance their ability to get grounded, separate past from present, safely meet healthy needs, and manage emotions. Dr. Brand will present materials from the Finding Solid Ground program, including journaling exercises and skill building exercises. She will show some of the videos from the Finding Solid Ground program that demonstrate compassionate ways of talking to clients about crucial aspects of recovering from trauma. Role plays will clarify how to respond to common roadblocks in treatment including when clients do not want to "give up" self-harm and dissociation.

Conclusions

Clinicians who use the Finding Solid Ground program will be offering their dissociative clients cutting edge, research-supported treatment for trauma-related dissociation and related symptoms.

Learning objectives

1. List common triggers for unsafe behavior in individuals with complex dissociative symptoms
2. Explain why it is crucial for clients to learn how to separate past from present, as is emphasized in the Finding Solid Ground program
3. Explain how to help clients who are very ambivalent about getting safer work through their ambivalence

THE THERAPEUTIC RELATIONSHIP IN EMDR THERAPY - ENHANCING EMDR THERAPY BY AN ATTACHMENT RELATED PERSPECTIVE

Saturday 8 June | 9:00 – 12:30 | AUDITORIUM 2 - The Liffey B



Speaker bio

Michael Hase Obtained the German "Abitur" diploma from a high school in Einbeck, Germany (Goetheschule; 1979). Obtained a degree in medicine at the University of Kiel, Germany (Christian-Albrechts-Universität zu Kiel; 1979-1985). After serving as a doctor in the German military, he received further education in neurology and psychiatry at private and public hospitals in Germany. After obtaining the specialist qualification in psychiatry and psychotherapy in 1993, Hase worked as a consultant at the psychiatric hospital in Lüneburg, Germany for 15 years (Psychiatrische Klinik 1 am Niedersächsischen Landeskrankenhaus Lüneburg). He established a unit for the treatment of PTSD. Since his EMDR training in 1997, he has been working on the integration of psychotraumatological approaches and EMDR in clinical psychiatry, psychosomatic medicine, psychotherapy in secondary care, and rehabilitation. He completed his doctorate in 2006, which was dedicated to the topic "Reprocessing of the addiction memory with EMDR". Hase is co-founder of the workgroup "acute traumatization" of the DeGPT. He has advised regional counselling centers of the German police forces and the health center of the German judiciary in Lower Saxony. Hase closely collaborates with department 6b of the German Armed Forces hospital in Hamburg. Since 1999, he has regularly presented at national and international symposia on the topic of therapy for psychotrauma, as well as EMDR. His research focus is on the development of EMDR protocols for the treatment of substance dependence, depression, burnout syndrome, chronic pain, traumatization due to physical illness and medical treatment,

as well as the general development of the EMDR method. Hase has been head of the department of psychosomatic medicine and psychotherapy at an rehabilitation center in Hamburg ("RehaCentrum Hamburg") from 2007-2009. From 2009 -2016 he was head of the department for psychosomatic medicine and psychotherapy of a hospital in Bad Bevensen, Germany (Diana Klinik). Since October 1, 2016, he is working in private practice and has been concomitantly developing the Lüneburg Center for Stress Medicine. Since 2020 Hase is senior consultant with a clinic for patients addicted to illegal drugs. Hase was an active member of the board of EMDRIA Germany, which he chaired from 2011-2018. He is a current member of the scientific committee of EMDR Europe and is on the scientific advisory board of NADA Germany. Since 2019 Hase is a member of the 'Council of Scholars' within the project 'Future of EMDR Therapy' by EMDRIA International. He is head of the research committee of EMDR Europe. Together with Dr. Arne Hofmann, Hase was awarded the Outstanding Research Award for his research on the EMDR treatment of depression and the creation of the international research project "EMDR Depression European Network" by the board of directors of the EMDR International Association in 2015. Michael Hase is teaching EMDR as a senior trainer in German-speaking countries and Denmark.

He is also a lecturer with officially recognized psychodynamic and behavioral psychotherapeutic training institutes namely the IPAW in Hanover and the IVAH in Hamburg. Hase is consulting at the department of psychosomatic medicine at the medical clinic of Dresden university hospital and at various psychiatric hospitals in Germany.

THE THERAPEUTIC RELATIONSHIP IN EMDR THERAPY - ENHANCING EMDR THERAPY BY AN ATTACHMENT RELATED PERSPECTIVE

Saturday 8 June | 9:00 – 12:30 | AUDITORIUM 2 - The Liffey B



Roger Solomon, Ph.D., is a psychologist specializing in trauma and grief. He is the Program Director and Senior Faculty with the EMDR Institute, an EMDR Europe approved

trainer, and teaches EMDR therapy internationally. He is a consultant with the US Senate, and has provided services to numerous first responder agencies following traumatic incidents, including the FBI, Secret Service, NASA, and US military. In Italy he consults with Polizia di Stato and University of Rome (La Sapienza), and is a visiting professor at Salesiana University in Rome. Dr. Solomon presents workshops on the utilization of EMDR therapy with grief and mourning, complex trauma and dissociative symptoms, treating attachment issues, and the "art" of EMDR therapy. Dr. Solomon has authored or coauthored 51 articles and book chapters and has authored a book *EMDR Treatment for Grief and Mourning: Transforming the Connection to the Deceased Loved One* (in press, 2024, Oxford Press)

Abstract

Background and aims

The history of EMDR Therapy goes back to 1987, when it was introduced as EMD, a novel treatment for PTSD by Francine Shapiro. Over the course of time EMD developed into the comprehensive therapy approach named EMDR Therapy. The development of the 'Adaptive Information Processing (AIP) Model', the model of pathogenesis and change of EMDR Therapy, was a milestone in this development from technique to psychotherapy approach. Up to date EMDR Therapy offers not only a model of pathogenesis and change, but also a variety of treatment plans and techniques to treat patients of various diagnosis far beyond PTSD. A specific description of the therapeutic relationship in EMDR Therapy based on an attachment related perspective is now available (Hase and Brisch 2022). The concept needed evaluation.

Methods

A survey amongst EMDR therapist was used to define therapists relational experience in EMDR Therapy. The results will be discussed. Video examples of the developing therapeutic relationship, pitfalls and helpful techniques are used to illustrate key points. Exercises are offered to deepen the understanding and facilitate transfer into clinical practice.

Results

The data of the survey support the attachment based concept of the therapeutic relationship in EMDR Therapy. Data will be presented and discussed.

Conclusions

A description of the therapeutic relationship in EMDR Therapy is necessary at this point of the development of EMDR Therapy to a psychotherapeutic approach and therefore we try to describe the therapeutic relationship and point out parallels between the therapeutic relationship and the development and core features of an attachment based relationship. The implications for training and application of EMDR Therapy will be discussed. Video examples of the developing therapeutic relationship, pitfalls and helpful techniques are used to illustrate key points. Exercises are offered to deepen the understanding and facilitate transfer into clinical practice.

Abstract topic

EMDR Therapy, Psychotherapy, Attachment, Therapeutic Relationship, Resourcing

References

1. Hase, M. and Brisch, K.H. (2022) The Therapeutic Relationship in EMDR Therapy. *Front. Psychol.* 13:835470. doi: 10.3389/fpsyg.2022.835470

COMPASSION-FOCUSSED EMDR THERAPY IN THE TREATMENT OF MORAL INJURY TRAUMA

Saturday 8 June | 14:00 – 17:30 | AUDITORIUM 2 - The Liffey B



Speaker bio

Prof Derek Farrell MBE is a Professor in Trauma Psychology at the University of Northumbria (Newcastle) and Queen's University Belfast. Derek is President of Trauma Aid Europe and the Trauma Response Network Ireland. He is also Co-Editor of the Journal of EMDR Practice & Research. He has been involved in several Humanitarian Trauma capacity-building programmes, including Pakistan, Turkey, India, Cambodia, Myanmar, Thailand, Indonesia, Lebanon, Poland, Philippines, Palestine, and Iraq. Derek has authored over 50 academic peer-reviewed publications and several book chapters and is the Co-Editor of the Oxford Handbook of EMDR.

Abstract

Many of the symptoms experienced by traumatised individuals are not sufficiently captured by the existing ICD-11/DSM 5 criterion for PTSD, particularly when those symptoms include feelings of shame/guilt, loneliness, social isolation, fear of recrimination, and moral injury. Addressing these specific elements, particularly regarding moral injury/ is increasingly important.

Moral injury refers to the psychological distress resulting from events that transgress an individual's moral or ethical beliefs. Compassion Focused Eye Movement Desensitization and Reprocessing (EMDR) is an emerging treatment approach for individuals experiencing moral injury. The approach integrates EMDR with compassion-focused techniques to target the shame, guilt, and self-criticism often associated with moral injury/ trauma.

This presentation explores the core components of moral injury/ trauma using individual narratives, country case studies – including Northern Ireland, and politic disasters such as Hillsborough & Grenfell, as critical narrative. It will explore the distinction between individual and political responses to trauma through the lens of Adaptive Information Processing (AIP). Specific skills within Compassion-Focussed EMDR therapy (CF-EMDR), will include CF EMDR informed case conceptualisation, psychoeducational frameworks, trauma regulation, strategies, compassion-focussed interweaves, and addressing vicarious traumatisation and self-care.

Learning Outcomes

1. Participants will consider the core components of Adaptive Information Processing (AIP) and how this applies to more vulnerable and complex populations with a specific focus on moral injury and shame-based trauma
2. Participants will explore various theoretical frameworks to explicate the trauma landscape of the client's lived experience through a moral, and compassion-focussed lens
3. Theoretical, empirical, and clinical case examples will be utilised to underpin knowledge, understanding and application

EMDR WITH CHILDREN AND ADOLESCENT - BREAKING THE TRANSGENERATIONAL CYCLE OF TRAUMA

Saturday 8 June | 9:00 – 12:30 | AUDITORIUM 3 - The Liffey A



Speaker bio

Kerstin is a certified child and adolescent psychiatrist, psychotherapist and psychotraumatheapist.

She got trained in EMDR in 2003 (RSA) and certified as EMDR CA trainer (sen.) in 2017. From 2015 – 2021 she was a member of EMDRIA Germany.

She completed her child psychiatric and psychotherapeutic training at the university hospitals Hamburg (Germany), Cape Town and Stellenbosch (South Africa), Tavistock Institute (GB), Philadelphia and EMU Harrisonburg (USA). In 2008 she completed her training in mental health in complex emergencies at LSHTM (GB).

Since 2004 she is a lecturer and supervisor at various child and adolescent psychiatric and psychotherapeutic training institutes (worldwide). She co-developed www.medicalpeacework.com – a global e-learning training.

For over 10 years she worked in various countries implementing psychotherapeutic care systems (individual, group and mass trauma care) for severely traumatized children and adolescent including South Africa and Kosovo.

From 2007–2017 she worked as consultant at the university hospital Hamburg. She headed the outpatient clinic for refugee children, the interdisciplinary centre of competence for Violence and Trauma and the outpatient unit for youth and addiction.

From 2012–2014 she was vice head in Lübeck and from 2017–2023 senior consultant at the psychiatric hospital in Lüneburg, Germany.

Since April 2023 she has been leading the EU research project Promise ELPIS on child protection at Charité University medical centre Berlin.

Quote: Psychotherapy is peace work.

Abstract

Background and aims

WHO estimates that globally one billion children are affected by physical, sexual and/or emotional violence and neglect [1]. Studies, esp. the Kaiser study have shown that direct or vicarious exposure to violence as in adverse childhood experiences affects children's and adolescents' psychosocial adjustment (behavioral, emotional, social and academic) and produces an array of psychological effects that jeopardize their ability to function optimally later in life [2]. These difficulties may in turn affect the next generation and can lead to a cycle of violence[3,4]. WHO recommends the use of EMDR in the management of conditions caused by stress [5] and child maltreatment [6].

Methods

The workshop will give an overview on the impact of trauma on children and the transgenerational impact of unresolved trauma on the cycle of violence. It will highlight the effectiveness of EMDR in breaking the cycle of violence in theory and outlining it by three case studies.

Results

The first case outlines the treatment of an adolescent with severe feelings of revenge after her brother was murdered, the second case outlines a case of Conduct Disorder/System Challenger and the third the treatment of an adolescent who was involved in organized gang violence in a juvenile prison in South Africa.

Conclusions

Offering EMDR (Standard and MASTR [7] Protocol) to children and adolescent affected by violence is a crucial factor in the process of conflict transformation and violence prevention.

Learning objectives

1) an understanding of the cycle of violence; 2) EMDR treatment planning of cases with revenge, guilt or rage; 3) introduction to the MASTR Protocol

WORKSHOPS/Abstracts and Biographies

THE EMDR TREATMENT OF DEPRESSION: DEVELOPMENT, APPLICATION AND NEW TECHNIQUES

Saturday 8 June | 14:00 – 17:30 | AUDITORIUM 3 - The Liffey A



Speaker bio

Luca Ostacoli

Psychiatrist, Psychotherapist,
Head of Psychotraumatology
Service at Città della Salute e della
Scienza Hospital (Turin),

EMDR Consultant, Training in Psychodynamic Therapy,
Sensorimotor Psychotherapy, Mindfulness and Body
Centered Therapy.

Full Professor of Clinical Psychology at Turin
University, School of Medicine.

President of Bachelor Degree Course “Psychiatric
Rehabilitation Techniques”, President of Master’s
degree course “Science of Rehabilitation”, Director of

Masters in Psychoncology (2000- 2015) and Clinical
Mindfulness (2016-2020).

Leader of workshop in psychotherapy, Integrating
EMDR with Mindfulness and Body Centered
Techniques.

Coordinator of the Research Group “Embodied Minds”,
focused on the development of neurobiological
based Psychological Treatments.

Author of more than 50 research papers, co-author of
the book “The EMDR treatment of Depression”.

In 2018 he received the EMDR International
Association Award and in 2019 the Francine Shapiro
Award for Research on the Psychotherapeutic
Treatment of Depression.

THE EMDR TREATMENT OF DEPRESSION: DEVELOPMENT, APPLICATION AND NEW TECHNIQUES

Saturday 8 June | 14:00 – 17:30 | AUDITORIUM 3 - The Liffey A



Speaker bio

Michael Hase Obtained the German "Abitur" diploma from a high school in Einbeck, Germany (Goetheschule; 1979). Obtained a degree in medicine at the

University of Kiel, Germany (Christian-Albrechts-Universität zu Kiel; 1979–1985). After serving as a doctor in the German military, he received further education in neurology and psychiatry at private and public hospitals in Germany. After obtaining the specialist qualification in psychiatry and psychotherapy in 1993, Hase worked as a consultant at the psychiatric hospital in Lüneburg, Germany for 15 years (Psychiatrische Klinik 1 am Niedersächsischen Landeskrankenhaus Lüneburg). He established a unit for the treatment of PTSD. Since his EMDR training in 1997, he has been working on the integration of psychotraumatological approaches and EMDR in clinical psychiatry, psychosomatic medicine, psychotherapy in secondary care, and rehabilitation. He completed his doctorate in 2006, which was dedicated to the topic "Reprocessing of the addiction memory with EMDR". Hase is co-founder of the workgroup "acute traumatization" of the DeGPT. He has advised regional counselling centers of the German police forces and the health center of the German judiciary in Lower Saxony. Hase closely collaborates with department 6b of the German Armed Forces hospital in Hamburg. Since 1999, he has regularly presented at national and international symposia on the topic of therapy for psychotrauma, as well as EMDR. His research focus is on the development of EMDR protocols for the treatment of substance dependence, depression,

burnout syndrome, chronic pain, traumatization due to physical illness and medical treatment, as well as the general development of the EMDR method. Hase has been head the of the department of psychosomatic medicine and psychotherapy at an rehabilitation center in Hamburg ("RehaCentrum Hamburg") from 2007-2009. From 2009 -2016 he was head of the department for psychosomatic medicine and psychotherapy of a hospital in Bad Bevensen, Germany (Diana Klinik). Since October 1, 2016, he is working in private practice and has been concomitantly developing the Lüneburg Center for Stress Medicine. Since 2020 Hase is senior consultant with a clinic for patients addicted to illegal drugs. Hase was an active member of the board of EMDRIA Germany, which he chaired from 2011-2018. He is a current member of the scientific committee of EMDR Europe and is on the scientific advisory board of NADA Germany. Since 2019 Hase is a member of the 'Council of Scholars' within the project 'Future of EMDR Therapy' by EMDRIA International. He is head of the research committee of EMDR Europe. Together with Dr. Arne Hofmann, Hase was awarded the Outstanding Research Award for his research on the EMDR treatment of depression and the creation of the international research project "EMDR Depression European Network" by the board of directors of the EMDR International Association in 2015. Michael Hase is teaching EMDR as a senior trainer in German-speaking countries and Denmark. He is also a lecturer with officially recognized psychodynamic and behavioral psychotherapeutic training institutes namely the IPAW in Hanover and the IVAH in Hamburg. Hase is consulting at the department of psychosomatic medicine at the medical clinic of Dresden university hospital and at various psychiatric hospitals in Germany.

WORKSHOPS' Abstracts and Biographies

THE EMDR TREATMENT OF DEPRESSION: DEVELOPMENT, APPLICATION AND NEW TECHNIQUES

Saturday 8 June | 14:00 – 17:30 | AUDITORIUM 3 - The Liffey A

Abstract

In depressive states persons find themselves within an altered dimension where, like in a nightmare, the love towards oneself, others, life, seems lost. To restore emotional color to life, we can start from their experience, representing it and exploring it together, in its antinomy of being alien and at the same time familiar. We must open our receptivity to the seeds of hidden resources that have remained “covered”, waiting for the possibility to flourish again.

The most delicate moment is the contact with the neglected inner child's pain: profound sadness appears, the feeling of loss and transformation. A hard law of life states that the basic unmet needs of early childhood can no longer be recovered by any attention the person may receive as an adult. Many ruminative schemas arise from this unresolved grief, trying to “get back” what was lost. Paradoxically, many people remain depressed because they never feel sadness fully. We must support them in the mourning process, to cross the hill.

Our inner experience in the EMDR therapy plays a crucial role: the connection through the Loving Presence by Ron Kurtz, with both the adult part and the deprived inner child, is very deep, and we can use it towards the healing process. When transformation takes place, session after session, we feel enriched too, grateful towards the person, and our trust in human value increases.

Aims

to present new techniques to improve the EMDR treatment of Depression

Methods

Theory, Clinical examples, and videotapes

Results and Conclusions: EMDR is an effective therapy for Depression.

Learning objectives

- 1) Participants will be able to improve the EMDR treatment of depression
- 2) Participants will be able to comprehend the role of neglect at the core of Depression
- 3) Participants will understand the key points of the EMDR processing of neglect and of the missing experience

EMDR IN THE TREATMENT OF BIPOLAR DISORDER

Saturday 8 June | 9:00 – 12:30 | AUDITORIUM 4 - Liffey Hall 2



Speaker bio

Dr. Benedikt L. Amann is Associate Professor at the University Pompeu Fabra Barcelona, head of two psychiatric Units at the Centro Fórum and the director of the Research Unit Centro Fórum with a focus on the prevalence and its treatment with EMDR of psychological trauma in mental disorders. Apart from offering EMDR to the clients of the hospital, he is the IP of various finished or ongoing randomized controlled trials of EMDR in bipolar disorder, dual disorders, first psychotic disorders, HIV or fibromyalgia. He is member of the editorial board of the Journal of Affective Disorders and since 2006 member of the CIBERSAM, the most important research network for mental health in Spain. He was also the chair of the EMDR Europe Scientific Research Committee from 2016-2021. In 2015 he was awarded with the Francine Shapiro award by EMDR Europe and in 2023 he and his team were the first recipients of an award named after him by the Spanish EMDR Association. He received so far continuous national and international fundings and is currently PI and Co-IP of Spain of three European project, which aim to improve mental and physical health in the community and at the workplace. All funding resulted in 140 Pubmed indexed publications so far with a h-index of 36 and 3404 citations (scopus).

Abstract

Background and aims

Psychological trauma triplicates the risk of suffering a mental disorder, including bipolar disorder, later on in life. Furthermore, bipolar clients are exposed to a high trauma load across their lifespan and scientific evidence is suggestive for a worse course of the disorder in case of comorbid PTSD.

Methods

Therefore, trauma-focused interventions are necessary in the bipolar field within a personalized treatment plan and EMDR studies will be reviewed and presented.

Results

We could find positive evidence of EMDR in bipolar disorder in randomized controlled trials, including an EMDR bipolar manual, created by our group.

Conclusions

In this workshop I will highlight briefly revise necessary information about bipolar disorder, the role and prevalence of psychological, and the EMDR bipolar manual. I will practically present how we structure the treatment plan and treat traumatised bipolar clients, including cases and videos.

3 Learning objectives:

1. Characteristics of bipolar disorder and the prevalence and impact of psychological trauma in/on this disorder.
2. How to work practically with EMDR in bipolar disorder.
3. Specific insights of our EMDR bipolar manual.

AGGRESSION WITHIN THE CONTEXT OF COMPLEX TRAUMA: A MULTIMODAL APPROACH TO EMDR THERAPY WITH CHILDREN

Saturday 8 June | 14:00 – 17:30 | AUDITORIUM 4 - Liffey Hall 2



Speaker bio

Ana M Gómez, MC, is the founder and director of the AGATE Institute in Phoenix. She is a psychotherapist, author, and an international speaker on the use of EMDR therapy with children and adolescents with complex and developmental trauma, generational wounds, and dissociation. She has led workshops and keynote presentations worldwide to thousands of clinicians. Ana is a fellow of the International Society for the Study of Trauma and Dissociation (ISSTD).

Ana is the author of *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation*, and several book chapters and articles on using EMDR therapy with children and adolescents. In addition, she is the author of multiple children's books and therapeutic tools.

Ana was the recipient of the 2023 "Francine Shapiro Award" from EMDRIA, the 2011 "Distinguished Service Award" from the Arizona Play Therapy Association, and the 2012 Sierra Tucson "Hope Award."

Abstract

Background and aims

Violent children must self-organize to meet the internal and external demands of co-existing with daily reminders of their trauma. Violence directed toward others constitutes one of the biggest challenges for child EMDR therapists. These children carry truncated defenses, rigid forms of self-protection, internalization of wounding attachment figures, insecure and disorganized internal working models, dysregulated autonomic states, and shame.

Methods

This presentation will provide a theoretical and clinical framework to understand and work with aggression and hostility in children within eight phases of EMDR treatment. Portals and entry routes into hostile and aggressive parts that honor the child and their developmental capacities will be provided. This workshop will address how to utilize metaphors, play, Sandtray, somatic, and expressive arts therapies within a multimodal approach to EMDR treatment. It will address how to work with the child and their family system while providing the companionship, containment, co-regulation, and co-organization of their experiences, which provide the foundation for integration and healing.

Conclusions

EMDR treatment using a multimodal approach is an effective approach for children presenting with aggressiveness and violent behaviors

Learning objectives

1. Participants will be able to cite and identify contributing and etiological factors to aggression in children.
2. Participants will be able to conceptualize a multimodal approach to EMDR treatment with children exhibiting aggression
3. Participants will be able to utilize Sandtray, therapeutic play, expressive arts, somatic interventions, co-regulation, and systemic work within a multimodal approach to EMDR treatment with children exhibiting aggression

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CHILDREN EMDR THERAPY WITH A TRANSDIAGNOSTIC PROTOCOL FOR THE TREATMENT OF EATING DISORDERS IN ADOLESCENTS AND ADULTS

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish



Speaker bio

Renée Beer is a clinical psychologist and a cognitive behavior therapist. She is a senior EMDR child & adolescent (c&a) trainer and delivered EMDR trainings and presentations in several countries within and outside of Europe. She is chair of the EMDR Europe c&a trainers and an active member of the Global Child EMDR Alliance. She produced various publications on EMDR. In collaboration with Carlijn de Roos she edited the Handbook on EMDR with children and adolescents (in press) which will be published by Oxford University Press. This will be a sequel to the

Oxford Press EMDR Handbook, that includes a child & adolescent section, for which she co-authored 2 chapters.

She specialized in the treatment of adolescents and adults with eating disorders and developed a protocol for treatment of this target-group with EMDR (Beer, 2019 and 2024). Together with Ankie Roedelof (EMDR consultant) she offers workshops where EMDR practitioners learn to work with this protocol.

CHILDREN EMDR THERAPY WITH A TRANSDIAGNOSTIC PROTOCOL FOR THE TREATMENT OF EATING DISORDERS IN ADOLESCENTS AND ADULTS

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

Abstract

A transdiagnostic approach of eating disorders was introduced by Fairburn (2003) and resulted in CBT-E(nhanced), a treatment-program which has been validated empirically and proven to be successful for both adults and adolescents (Dalle Grave et al, 2020). Clinical practice has demonstrated that EMDR therapy -as add-on therapy- can be effective for the treatment of core symptoms, as described in this approach (like fear-driven and urge-driven symptoms), and of sustaining factors (like clinical perfectionism and negative body-perception).

A transdiagnostic perspective on treatment was introduced by Shapiro (2001) with the Adaptive Information Processing (AIP) model, underlying EMDR therapy. Different types of targets are relevant for different forms of psychopathology. For identification and selection of relevant targets several strategies have been developed by Dutch EMDR trainers in the past years.

Based on these premises an EMDR-Eating Disorder (EMDR-ED) protocol is developed (Beer, 2019; 2024), applicable to both adults and adolescents. Several studies are taking place now, exploring its feasibility and efficacy.

The workshop will introduce the EMDR-ED protocol, clarify the rationale for it, explain how the 8 phases and the 3 prongs are integrated, giving an impression how this protocol can give guidance to the EMDR practitioner in integrating EMDR in the treatment of patients with an eating disorder.

Aim of this workshop

By introduction of this protocol motivate clinicians to integrate EMDR in their treatment of this target-group, and motivate researchers to test the efficacy and efficiency of this protocol in their country, so data can be collected in different countries.

Methods

The workshop will consist of information-transfer with power point presentation, illustrations with video-fragments, and exercises with vignettes.

Abstract topic

EMDR for eating disorders

CHILDREN EMDR THERAPY WITH A TRANSDIAGNOSTIC PROTOCOL FOR THE TREATMENT OF EATING DISORDERS IN ADOLESCENTS AND ADULTS

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

Learning objectives

Participants will understand:

- why EMDR therapy can play an essential role in the treatment.
- which eating disorder symptoms and sustaining factors can be treated with EMDR therapy.
- how different strategies for target-selection can help to find relevant targets.

References

Beer, R. (2019). Protocol for EMDR therapy in the treatment of eating disorders. In: M. Luber (ED.) Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols and Summary Sheets. Eating Disorders, Chronic Pain, and Maladaptive Self-Care Behaviors. New York: Springer.

Beer, R. (2024). EMDR-ED protocol: a transdiagnostic protocol for treating eating disorders in adolescents or adults with EMDR. In: A. Seubert, A., & Virdi, P. (eds.): Trauma Informed Approaches to Eating Disorders. New York: Springer.

Dalle Grave, R, Conti, M, Calugi, S. (2020). Effectiveness of intensive cognitive behavioral therapy in adolescents and adults with anorexia nervosa. *Int J Eat Disord.* 53: 1428– 1438.

Fairburn, C.G., Cooper, Z. and Shafran, R. (2003). Cognitive behavior therapy for eating disorders: a transdiagnostic theory and treatment. *Behavior Research and therapy*, 41: 509-528.

Shapiro, F. (2001). Eye Movement Desensitization and Reprocessing (EMDR). Basic principles, protocols, and procedures. New York: The Guilford Press.

ROUND TABLE - HEALING THE LEGACY OF POLITICAL TRAUMA – THE ROLE OF EMDR THERAPISTS

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 1

Interpretation into Italian, Finnish, French, German, Polish, Spanish and Turkish

Round Table

Healing the legacy of political trauma – The role of EMDR therapists

Chair & moderator: Olivier Piedfort-Marin Ph.D.

This round table will address an important point in line with the theme of the conference “Pathways to Peace with EMDR”. This title was suggested by EMDR All-Ireland’s President Gus Murray in relation to the history of the Irish island. It was only in 1998 that a peace agreement was reached in the more recent acute phase of conflict in Northern Ireland. Inspiringly the EMDR community in Ireland came together in 2020 to form a single EMDR All-Ireland Association, bringing together therapists on both sides of the Irish border. We see the same development happening on the Island of Cyprus where a new EMDR Association was formed that reunites EMDR therapists from both sides of the border on Cyprus. Francine Shapiro has regularly been addressing the effect of war: “what can we do for those individuals who are in pain whether due to natural disasters or man-made disasters such as war to alleviate the suffering so that instead of the continual reaction of anger/depression [...] people can process their memories and began to see the common denominators between them.” It is essential to address this: what can EMDR therapists do to heal the consequences of political trauma? This round table wishes to address this at the structural level as well as at the level of clinical work with patients who suffer from political trauma.

The round table will include the following presentation, followed by a discussion.

Ziliha Uluboy and Anthia Christodoulou Theofilou (Co-chairs of EMDR CYPRUS) : “A bicomunal EMDR Association, a step towards peace in a divided Cyprus”

Adam Guetty (EMDR All-Ireland, Ulster Committee Chair): “Embracing Resilience: Nurturing Healing for Trauma Survivors and first responders in Northern Ireland”

Joan Camilleri (Malta): “Supporting minors through war and displacement – the role of EMDR”

HOW TO WORK WITH FORCIBLY DISPLACED GROUPS; REFUGEES AND ASYLUM SEEKERS WITH EMDR

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 2 - The Liffey B



Speaker bio

Asena Yurtsever is EMDR Europe Trainer, consultant and supervisor, EMDR R-TEP/G-TEP Trainer and psychologist.

She is teaching EMDR in Turkiye and Azarbaijan and doing workshops around the world. She is one of the founders of EMDR Turkiye Association and vice president of the association since 2011. She is also an EMDR R-TEP/G-TEP Trainer (EMDR Early Intervention protocols for individuals and groups) and supports EMDR Trauma Aid locally and internationally. She is experienced in trauma and acute interventions in various disasters such as earthquakes, fire, mane disaster, terrorist attacks, bombings, explosion, flood, plane crash and refugees.

She has been also giving EMDR R-TEP/G-TEP trainings in in many countries like Lebanon, Germany, Hungary, England ,Bosnia Herzigova. Asena is also giving workshops on Attachment wounds and EMDR in her country and internationally. She has books and book chapters and also many research on EMDR.

Abstract

Background and aims

In the last decade, the number of forcibly displaced people has been increasing significantly and the results of the traumas they have experienced can be very devastating. The traumas they have experienced effect not only the refugees but also their families and the society they live in. This workshop is designed to help the clinicians understand the psychological stages of the refugee process and learn how to use EMDR therapy that is specifically implemented for the needs of refugees.

Because of increasing number of refugees and the smaller number of therapists, the importance of EMDR group therapy is rising. So the implementation of EMDR group therapy with refugees will also be another topic of this workshop. The purpose of the workshop is providing clinicians with practical strategies for the efficient and effective implementation of EMDR Therapy (group or individually) into their practice.

Methods

The workshop will be as a presentation depending on the last research and clinical experience and my last book chapter in “EMDR Group Therapy Emerging Principles and protocols to treat Trauma and Beyond” Springer publishing 2023.

Results and conclusion

No research findings will be shared in detail but the research and resources about the topic will be shared with citations.

Learning objectives

- 1) Understanding the psychological stages of forcibly displaced people, learning tips for organizing the system for a successful EMDR setting.
- 2) Identifying the guiding principles for adapting individual and group EMDR therapy (use of translators, cultural adaptations, subculture unwritten rules etc.) to refugees and asylum seekers and
- 3) Recognising strategies specific for every stage including acute phase to resettlement will be the outcomes of the workshop.

WORKSHOPS' Abstracts and Biographies

ISP® & G-ISP - IMMEDIATE STABILIZATION PROCEDURE GROUP ISP FOR VICTIMS OF NATURAL AND MANMADE DISASTER

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 2 - The Liffey B



Speaker bio

Dr. Gary Quinn is a psychiatrist and Director of The EMDR Institute of Israel. He has conducted EMDR trainings in Israel, Asia, Africa, Europe and the United States. He is a Trainer of trainers of EMDR in Asia, Israel, and New Zealand. He was a trainer for Trauma Recovery EMDR HAP in Turkey following the earthquake of 1999 and in Thailand after the tsunami in 2004. He also has done volunteer trainings in Romania, Cambodia, and Zimbabwe. Dr. Quinn developed Self-Care Procedure for Coronavirus (SCP-C) using a remote self-healing procedure to stabilize both individuals and groups who have anxiety, panic, or helplessness related to the Coronavirus. Dr. Quinn developed ISP® and GISP (group ISP) for clinicians and first responders to treat victims of trauma within minutes to hours of a traumatic incident. In 2023 he was a keynote speaker at the Trauma Recovery/ HAP conference.



Steve Beatty is Licensed Professional Counselor (LPC) and the founder and Clinical Director of Neuro Health and Counseling Services in Texas specializing in counseling and treatment modalities to address acute, chronic, and complex trauma. Steve is EMDR-certified and a Consultant-in-Training. He is completing his final year as a PhD student in the Counselor, Educator, Supervisor (CES) program at Regent University. During the past few years, Steve has worked with Dr. Gary Quinn training mental health and non-mental health providers, conducting research, and producing and presenting scholarly materials demonstrating the effectiveness of Immediate Stabilization Procedure (ISP) in Ukraine, at clinical offices across the United States, and recently in Israel.

WORKSHOPS' Abstracts and Biographies

ISP® & G-ISP - IMMEDIATE STABILIZATION PROCEDURE GROUP ISP FOR VICTIMS OF NATURAL AND MANMADE DISASTER

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 2 - The Liffey B

Abstract

Background and aims

Developed in Israel by Dr. Gary Quinn, M.D. to aid those overwhelmed by terrorist attacks and wartime, the Immediate Stabilization Procedure (ISP) has been deployed and successfully used to stabilize and calm those traumatized in the recent wars and other disastrous events. ISP is an AIP-derived stabilization procedure for level 1 and 2 psychological first aid. It has provided for the needs of both mental health clinicians and first responders to provide stabilization procedures to deescalate symptoms associated with acute stress reaction (ASR) and potentially reduce the progressive development of post-traumatic stress disorder (PTSD). Additionally, due to the effectiveness and simplicity of ISP, its design prevents retraumatization common when other psychological treatments are administered during shock reactions. Additionally, ISP can also be used as a self-stabilization technique.

Methods

The workshop will be a presentation based on the latest research and clinical experience. The applications will utilize rapid alternating tactile stimulation to stabilize victims with SUDS >7 and even above 10 (those who are unresponsive, highly agitated, or catatonic) often within 5 to 15 minutes. Additionally, EMDR therapists can use them when a patient experiences abreaction (intense emotional event) in the 8 phases of EMDR.

Results & Conclusions

No research findings will be shared as the focus will be the applications and numerous clinical experiences – with references to the substantiating research.

3 Learning objectives at the end of the abstract:

Learning Objective 1: Participants will be able to explain what Immediate Stabilization Procedure (ISP®) is and how to identify potential risk factors, criteria, and active signs of clients who may benefit from Immediate Stabilization Procedure (ISP) treatment.

Learning Objective 2: In this workshop, participants will learn how to use ISP (in individual and group settings) to stabilize victims in the immediate aftermath of manmade and natural disasters. They will learn to use ISP® for abreaction occurring in any of the 8 phases of EMDR.

Learning Objective 3: Participants will learn to use the ISP Field Manual and a one-page Initial Contact form, allowing follow-up and participation in future research.

WORKSHOPS' Abstracts and Biographies

EMDR THERAPY FOR PERSONALITY DISORDERS

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 3 - The Liffey A



Speaker bio

Dolores Mosquera is a psychologist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders in Spain. Dolores has extensive teaching internationally. She has published several books, book chapters and articles trauma-related disorders. Dolores received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Reprocessing) field in 2017, was made Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her contributions to the trauma and dissociation field,

and received the MAM10 Prix David Servan-Schreiber award in 2021 to a foreign researcher who has made a notable international contribution, having advanced research in the field of EMDR. In 2022 Dolores received the award Professional of the Year in the category of Psychology for the trajectory and significant contributions in dignifying the profession (psychology).

EMDR THERAPY FOR PERSONALITY DISORDERS

Sunday 9 June | 9:00 – 12:30 | AUDITORIUM 3 - The Liffey A

Abstract

Background and aims

Personality Disorders are usually challenging for clinicians. Clients with this diagnosis often present high-risk behaviors, difficulties in self-regulation, impulsivity, and severe interpersonal relationships issues. Some clients, especially those with Borderline Personality Disorder, also present self-harming behaviors, suicidal ideation, and a risk and/or history of suicide attempts. Others, such as Antisocial Personality Disorder clients, present poor impulse control and aggressive reactions, which can be frightening for themselves and others, including clinicians.

This workshop aims to help the participant understand Personality Disorders from the Adaptive Information Processing model perspective.

Case conceptualization, treatment plan, target selection and frequent difficulties and solutions based on the different presentations will be addressed through lecture and videos of real sessions.

Methods

Lecture, clinical videos and cases.

Results

This is a clinical workshop. Participants will be able to follow several cases and the improvement using EMDR Therapy.

Conclusions

Given the challenges presented by personality disorders and the strong affect that EMDR reprocessing may mobilize in our clients, clinicians must be able to recognize countertransference issues to not be afraid of applying a very effective method with this population. Understanding these problems and how to manage them is crucial to avoid getting stuck during EMDR processing. Clinicians working with Personality Disorders need to be very attentive to what gets triggered in themselves to be able to see beyond the defensive responses in both client and therapist.

Abstract topic

Personality disorders and complex trauma

3 Learning objectives at the end of the abstract

Describe the different types of Dysfunctional Stored Information to identify a variety of targets in this population.

Describe at least 5 defensive regulation strategies and how to address them.

Describe at least 4 different problems that arise during Phases 3 to 7 of EMDR Therapy.

WORKSHOPS' Abstracts and Biographies

INTEGRATIVE EMDR SEX PSYCHOTHERAPY (INCLUDING AN ADDICTION MEMORY PERSPECTIVE)

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 2 - The Liffey A



Speaker bio

Keren Mintz Malchi is a Social Worker, Marital and Family Therapist, SEP, and EMDR Europe and EMDR Institute trainer. She directs the Marital and Family

Therapy Trauma-Focused Unit and co-directs the Sex Therapy Unit at the Adult Clinic, Lev-Hasharon Mental Health Medical Center, Israel. She serves as a faculty member at the School of Social Work at Ariel University, where she teaches specialized courses for accreditation in Marital and Family therapy. She holds expertise in diverse fields of clinical practice including complex trauma, dissociative disorders, somatic based psychotherapy, couples, family and sex therapy.

Abstract

Background and aims

As EMDR therapists, we are blessed by a trauma-informed approach, and more specifically by Shapiro's (2018) AIP (Adaptive Information Processing) model, which guides us in understanding how life experiences mold our current thoughts, emotions, behaviors, the connection to our body and interpersonal relationships, amongst other important life factors. Aside from the sequelae of sexual abuse, the topic of sex, both from a perspective of healthy sexuality, as well as from the perspective of specific sexual dysfunctions are generally less researched and clinically presented within the international EMDR community.

Methods

A literature survey was performed to gain insight into theoretical concepts in the field and describe interfaces with the AIP model as well on existing data in the EMDR related literature.

Results

The current workshop aims to bring the topic of sexuality into prime focus, expanding participants' connection to and knowledge of EMDR psychotherapy integration with sexual-related themes, difficulties, and dysfunctions. Bringing together theoretical and clinical models from the field of sex therapy, including the Human Sexual Response Model (1966) The PLISSIT Model (Annon, 1976), The Basson Model (cite) and Schnarch's Four Points of Balance model (2009), participants will learn about ways to help clients connect with their own sexualities, bodies and sexual preferences, and to enhance these for a more adaptive and satisfying sexual life.

In addition, the workshop will provide guidelines on working with specific sexual issues and dysfunctions within EMDR psychotherapy, providing relevant clinical examples and guidelines, including treatment planning, specific sex-related exercises and body-based techniques will be discussed as well as creative and necessary adaptations for the reprocessing of relevant memories, triggers and future templates. The addiction memory theory contributes to this approach. It will be discussed. Experiential exercises, clinical case examples and client videos will highlight the work presented.

Abstract topic

EMDR Therapy, Psychotherapy, Sexual Dysfunction, Addiction Memory

WORKSHOPS' Abstracts and Biographies

INTEGRATIVE EMDR SEX PSYCHOTHERAPY (INCLUDING AN ADDICTION MEMORY PERSPECTIVE)

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 2 - The Liffey A

Abstract

Background and aims

As EMDR therapists, we are blessed by a trauma-informed approach, and more specifically by Shapiro's (2018) AIP (Adaptive Information Processing) model, which guides us in understanding how life experiences mold our current thoughts, emotions, behaviors, the connection to our body and interpersonal relationships, amongst other important life factors. Aside from the sequelae of sexual abuse, the topic of sex, both from a perspective of healthy sexuality, as well as from the perspective of specific sexual dysfunctions are generally less researched and clinically presented within the international EMDR community.

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Abstract topic

EMDR Therapy, Psychotherapy, Sexual Dysfunction, Addiction Memory

WORKSHOPS/Abstracts and Biographies

INTEGRATIVE EMDR SEX PSYCHOTHERAPY (INCLUDING AN ADDICTION MEMORY PERSPECTIVE)

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 2 - The Liffey A

Learning objectives

1. Understand EMDR Therapy as a comprehensive psychotherapy.
2. Participants will learn experientially about ways to help connect with their own sexualities, bodies and sexual preferences.
3. Participants will learn to enhance understanding of sexuality and intimacy for a more adaptive and satisfying sexual life for clients.
4. The workshop will provide guidelines on working with specific sexual issues and dysfunctions within EMDR psychotherapy, providing relevant clinical guidelines and examples, including treatment planning, specific sex-related exercises, body-based techniques, as well as adaptations and interweaves for the desensitization phase.
5. Participants will learn to detect addiction memory especially in sex- and porn addiction.

EMDR THERAPY AND LOVE ADDICTIONS: SOME BASIC CONCEPTS AND THERAPEUTIC PATHS

Sunday 9 June | 9:00 – 10:30 | AUDITORIUM 4 - Liffey Hall 2



Speaker bio

Psychotherapist and EMDR Consultant

Private practice EMDR psychotherapy of adult and

adolescent patients with a wide range of disorders: simple and complex PTSD, eating disorders, dissociative disorders, borderline personality disorder, major depressive disorder, anxiety depressive syndrome, panic attacks, phobic obsessive symptomatology, etc. Specific attention is also paid to patients with autoimmune and psychosomatic diseases as well as functional physical disorders not attributable to specific organic diseases. She has worked in Public Services, legal and private settings. For the last few years her practice has been exclusively private.

Trainer

She lectures on EMDR treatments of Complex clients at EMDR Association training courses and at Health Facilities (psychotherapists, physicians, nurses, educators, etc.).

Abstract

Background

Love addictions are an important area of focus in clinical work. The internal and relational conflicts, as well as the suffering associated with these addictions, are often some of the reasons why people seek therapeutic help. Resolving and pacifying these conflicts often becomes a key task for therapists.

Aims

In this workshop, participants will have the opportunity to explore the high therapeutic effectiveness of EMDR treatment applied to love addictions. In particular, some possible paths for working on dysfunctional relationships will be presented in relation to co-dependent, counter-dependent, and also narcissistic clients.

Participants will learn more about how to overcome some challenges of EMDR treatment with these types of clients. These challenges often arise because the underlying traumatization may not always be as visible and accessible in clinical work due to defenses and dissociative processes. These factors can make the therapy targets less evident to therapists and lead to instability in processing for clients. Participants will gain an overview of how to apply EMDR to address both the underlying traumatization and the defenses and dissociation frequently encountered in complex clients.

Learning objectives

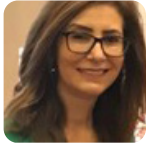
By attending this workshop, participants will:

- Enhance their foundational understanding of clients seeking therapy for a love addiction issue by reviewing some theoretical concepts. This will help participants better orient themselves and comprehend these clients from an EMDR perspective.
- Gain an overview of some valuable additional EMDR tools, such as LOPA, LOUA, CIPOS, HID that can be added to Standard EMDR Procedures when necessary.
- Observe examples of clinical work directions in session transcripts with co-dependent, counter-dependent, and also narcissistic clients, where some additional EMDR tools were applied.

WORKSHOPS' Abstracts and Biographies

KEEPING HOPE ALIVE , CREATING INNER PEACE WITH EMDR

Sunday 9 June | 11:00 – 12:30 | AUDITORIUM 4 - Liffey Hall 2



Speaker bio

Mona Zaghrout-Hodali BA, MA, PG Dip Counseling Head of the Department of Counseling and Supervision:

The East Jerusalem YMCA Rehabilitation program EMDR Trainer and Trainer's Trainer I hold degrees in Psychology and Social Work (BA Hons., University of Bethlehem), MA in Counseling (Flinders University of South Australia), and an advanced Postgraduate Diploma in Disability Counseling (University of Flinders).

Since 1989 I have been working nationally and internationally in the field of trauma and psychosocial approaches to the support of people suffering from the physical and psychological impact of trauma. Work has included counseling, supervision, consultation, teaching and training.

I am an EMDR Accredited Trainer - trained by the originator of the EMDR approach, Dr. Francine Shapiro - and a Consultant and Facilitator providing training, consultation and supervision nationally and

internationally. In 2014 I became a trainer's trainer in the Arab world (The Middle East And North Africa). I am leading a committee from different countries in the Middle East and North Africa to initiate our regional EMDR association.

Having specialized in the psychological approaches to survivors of trauma, especially in the EMDR approach, I have taught and given training, presentations and consultation throughout the West Bank and Jerusalem, and in Jordan, Turkey, France, Canada, Lebanon, Yemen, Libya, Tunisia, Dubai and Kenya. In other trainings, participants have also included practitioners from Iraq, Syria, Egypt, Saudi Arabia and Sudan .

I have also provided training on different aspects in the field of mental health and trauma to numerous organizations locally and internationally. Training has included an holistic approach to the treatment of individuals and families. I have presented papers at national and international conferences and provided specialist training and consultation on working with refugees and survivors of torture, for Syrian, Iraqi and Jordanian therapists.

WORKSHOPS/Abstracts and Biographies

KEEPING HOPE ALIVE , CREATING INNER PEACE WITH EMDR

Sunday 9 June | 11:00 – 12:30 | AUDITORIUM 4 - Liffey Hall 2

Abstract

Background and aims

EMDR transformed the way in which we work in Palestine and other Arab countries. This interactive workshop explores ways in which EMDR has enabled people to move from hopelessness, anger, isolation and the inability to love, to reach into their inner self, accept themselves and find peace with themselves and others.

Method

Beginning with a brief overview of the development of EMDR in a background of conflict, the workshop addresses the development and challenges of EMDR in different cultures, languages and countries. It explores issues of fear, the development of trust, and relationships between individual people and communities. There is an opportunity to understand ways that have helped in developing a person's sense of peace and agency in unsafe settings, and in enabling people to use EMDR in situations where conflict is ongoing and crisis is frequent. It will show ways of supporting therapists as well as individuals and communities, and the importance, where possible, of working with others.

Results

The purpose of the workshop is to share information and experience, and to take away ideas, forms of practice and relationships with others that can sustain us and help to bring peace and keep hope alive.

Abstract topic

EMDR has helped people to change their life by reaching inner peace that is reflected significantly in different parts of their life.

3 learning objectives

Ways in which EMDR can help build inner and outer peace.

Gain insight into working in community settings and different cultures.

What is needed in support of practitioners, including ourselves.

THE WAR IN UKRAINE: EMDR THERAPY FOR TREATMENT OF TRAUMA AND GRIEF

Sunday 9 June | 14:00 – 15:30 | AUDITORIUM 4 - Liffey Hall 2



Abstract

Roger Solomon, Ph.D., is a psychologist specializing in trauma and grief. He is the Program Director and Senior Faculty with the EMDR Institute,

an EMDR Europe approved trainer, and teaches EMDR therapy internationally. He is a consultant with the US Senate, and has provided services to numerous first responder agencies following traumatic incidents, including the FBI, Secret Service, NASA, and US military. In Italy he consults with Polizia di Stato and University of Rome (La Sapienza), and is a visiting professor at Salesiana University in Rome. Dr. Solomon presents workshops on the utilization of EMDR therapy with grief and mourning, complex trauma and dissociative symptoms, treating attachment issues, and the “art” of EMDR therapy. Dr. Solomon has authored or coauthored 51 articles and book chapters and has authored a book EMDR Treatment for Grief and Mourning: Transforming the Connection to the Deceased Loved One (in press, 2024, Oxford Press)

Background

The invasion of Ukraine has deeply impacted the population. The war is not only traumatic in and of itself, but has also triggered previous unresolved trauma, losses, and developmental attachment trauma. EMDR therapy can be utilized to deal with the a) past traumas triggered by the current trauma, b) recent traumatic events and present triggers, c) provide future templates to increase resilience and adaptation. However, there are many choice points for initial treatment depending on client functioning, integrative capacity (e.g. complex trauma/dissociation), and client priorities (e.g. need to stay focused to deal with current crisis).

This workshop, clinical in nature, will show video tapes of EMDR sessions that illustrate: 1) EMDR treatment of people who have suffered trauma and loss, 2) how previous trauma (including developmental trauma) can complicate coping with current traumatic events and be treated with EMDR therapy 3) clinical choice points of target selection for EMDR memory reprocessing and preparation/stabilization of the client.

Methods

Videos of EMDR therapy treatment sessions with Ukraine clients

Results

EMDR therapy resulted in positive outcomes with clients traumatized by war, adapting treatment to the client's level of functioning, integrative capacity, and priority.

Conclusions

EMDR therapy can successfully treat war trauma. There are many choice points for initial treatment depending on client's level of functioning, integrative capacity, and current priority.

Abstract topic

The War in Ukraine: EMDR treatment for trauma and loss .

- 1) Participants will be able to formulate a treatment plan based on the impact of war and past unresolved trauma and losses, including childhood attachment based experiences.
- 2) Participants will be able to implement EMDR treatment methodology based on client functioning, integrative capacity, and current priority.
- 3) Participants will understand choice points in EMDR target selection and preparation/stabilization of the client.

CONFERENCE INFORMATION

GENERAL INFORMATION

The Conference opens on the 7th of June 2024

- Check-in from 14:00 to 17:45*
- Keynote from 17:45 to 19:30
- June 8th from 8:15 to 19:45
- June 9th from 8:15 to 18:00

**If you attend the trainers & consultants' day, please check the corresponding section below. You will need to check-in prior to the conference opening.*

The programme is available on the **Mobile App** and on the **Website**.

The conference is based upon a series of workshops and will include three keynote speakers.

The registration is for the entire conference. However it does not include the Trainers & Consultants sessions nor the lunch and dinner.

TRAINERS DAY

It is scheduled to take place on the 6th of June from 9:00 to 16:30 in the Convention Center Dublin:

- **Meeting Room:** Auditorium 4 - Liffey Hall 1
- **Registration:** Please come to the registration desk from 8:15 on Thursday the 6th of June to pick-up your badge.

CONSULTANTS DAY

It is scheduled to take place on the 6th of June from 14:00 to 17:30 in the Convention Center Dublin:

- **Meeting Room:** Auditorium 3 - Liffey Hall 2
- **Registration:** Please come to the registration desk from 11:00 on Thursday the 6th of June to pick-up your badge.

The Consultants' Day will be translated into Italian, Finnish, French, Polish, Spanish.

CONFERENCE VENUE

The location of the conference is the Convention Center Dublin:

- Spencer Dock, N Wall Quay, North Dock, Dublin 1, D01 T1W6, Ireland
- Tel: +35 31 856 0000

The Venue is located 13 km from Dublin Airport (around 20 minutes | Taxi fare is around € 30)

Access to the Venue is facilitated by public transport.

- **Dublin Bus operates a 24-hour service from the city center to the airport.**
- **Dublin Express** also offers a direct service to and from the airport, stopping at **Custom House**, which is a short walk from The CCD (from €10 with return ticket)
- Taxi and car hire services are also easily available.

REGISTRATION DESK

The registration desk is located at the ground floor of the Convention Center. You can use the Mobile App and the Event Check-In option by scanning the QR Code on the Welcome board. Your name badge will be automatically printed and ready for you to collect at the Registration desk (express lane).

Pre printed badges for Keynotes, committee members and exhibitors will need to be picked up on the first floor.

CONFERENCE INFORMATION

AUDITORIUMS

Auditorium 1 is located at level 3. All the other rooms are located at level 1.

INFORMATION DESK

An information desk is available at Level 1 desk during the whole conference for any questions you may have.

EXHIBITION AREA

The exhibition area is located at level 3 in front of Auditorium 1.

- 7 June Friday 17:00 to 20:00
- 8 June Saturday 08:15 to 19:00
- 9 June Sunday 08:15 to 16:00

ROUND TABLE

Pathway to Peace.

It is scheduled to take place on the 9th of June from 14:00 to 15:30 in the Auditorium 1. This Round Table is open to all participants registered to the Conference.

CONFERENCE LANGUAGE

The official conference language is English. Main lectures (keynotes and workshops in Auditorium 1) will be translated into Italian, Finnish, French, German, Polish, Spanish and Turkish.

Interpretations will be available in Auditorium 1 only. Receivers and headsets will be available before the first session. You'll be asked to give an ID in exchange for the receiver. We ask you to bring it back at the end of each day (to recharge the device).

NAME BADGE

You will receive your badge during the registration process. It will give you access to the different events. In order to grant each participant the right credit hour, your badge will be scanned at the entrance of every room.

Please wear your name badge during the whole event (including the Gala Dinner). Please make sure to pick up the badge for the accompanying person for the Gala Dinner.

CERTIFICATE OF ATTENDANCE AND CREDIT HOURS

Certificate of attendance will be sent by mail after the conference. The EMDR Europe conference will be awarded 16 credits to participants who scanned their badge at the entrance of each workshop.. You need to engage in a minimum of 10.5 hours of the conference to receive a certificate of attendance and the credits.

RESPONSIBILITY AND INSURANCE

It is strongly recommended that participants take out insurance to cover loss (including registration fees) incurred in the event of cancellation, medical expenses and loss of personal effects. The Congress Organizer will not accept liability for personal injuries or for loss or damage to property belonging to participants, either during or as a result of the event.

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WIFI

WIFI Network Name (SSID): EMDR

Password: Emdr2024

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RETURN YOUR LANYARD

Attendees, who will be leaving on their last day of the conference, will have the option to return their badge and lanyard. The collected lanyards will be repurposed and badges recycled. The collection place of lanyards and badges will be at the registration desk.

LOST & FOUND

It's always upsetting to lose something, which is why we kindly ask you to drop by the Information desk at level 1 in case you found what looks like a lost item. We'll collect the found objects.

VENUE ACCESSIBILITY & MOBILITY ASSISTANCE

The Venue is accessible for people using a wheelchair. Elevators and disability toilets are available on every floor. If you need assistance while visiting EMDR 2024, please contact a member of the Kuoni Tumlare staff at the registration desks on-site.

CONFERENCE INFORMATION

COFFEE BREAK, LUNCH, WELCOME COCKTAIL & GALA DINNER

COFFEE BREAKS

Coffee breaks will be available at level 3 in front of Auditorium 1.

LUNCH

If you selected a grab and go bag during the registration process, please pick it up in the Liffey Hall 1 (level 1) by presenting the voucher provided during registration. There will be a designated seating area in this room.

WELCOME COCKTAIL

The Welcome Cocktail is included if you selected it during the registration process and therefore free of charge.

Date: Friday 7th June

Time: 19h30 after the Conference Opening

Where: Convention Center Dublin
(conference venue)

GALA DINNER

The Gala Dinner will take place on the 8th of June from 20h30 at the Guinness Storehouse.

Address: St. James's Gate, Dublin 8, D08 VF8H, Ireland

Only participants who bought a ticket can attend this event. A self-guided tour (about 20 minutes) can be done for those arriving between 19h20 and 20h30. A bus transfer (round trip) will be available at 19h15 and 20h from the Venue to the Guinness Storehouse (only available for those who bought a ticket during the registration prior to the 11th of May). No sales will be available onsite.

CONFERENCE INFORMATION

SUGGESTIONS FOR LUNCH

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<https://www.rockets.ie/ifsc>

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+353 1 675 3875

Serves a wide variety of brunch and lunch menu items with a twist. Open between 10 and 3 on Saturdays and Sundays. 10 minute walk. 20-30 EUR

<https://www.herbstreet.ie/>

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Mayor Street, Dublin Ireland
+353 1 555 7373

One of the best Japanese/Thai inspired restaurants in Dublin with over 6 branches spread across the city. Highly recommended to book a table especially on the weekend. Open from 12 on Saturdays and Sundays. 6 minute walk. 20-30EUR

<https://www.musashidublin.ie/>

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A varied selection of local and global dishes served with professionally mixed cocktails. Walkins are welcome but it is recommended to book a table if you are coming in a group. Open from 12 on Saturdays and Sundays. 5 minute walk. 30-50EUR

<https://www.thesamuelhotel.com/dining/>

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Clarion Quay, 6 Excise Walk, North Dock, Dublin, D01 H9N4

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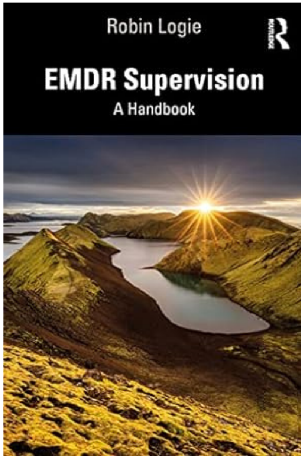
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<https://sproutfoodco.com/menu/>

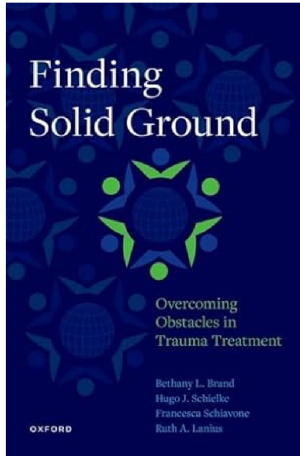
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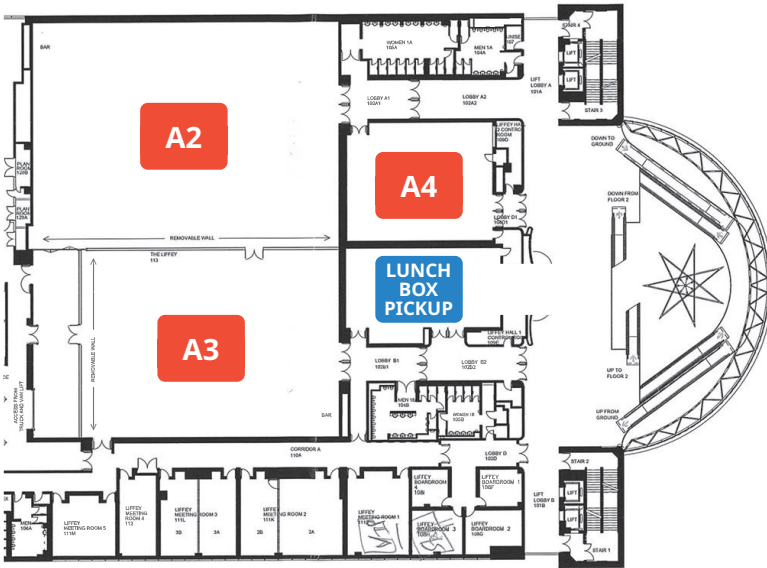
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TOOLS**

**PLUS MEET THE AUTHOR WITH
Dr Robin Logie**

Saturday 8th June 1:00 pm - 1:30 pm



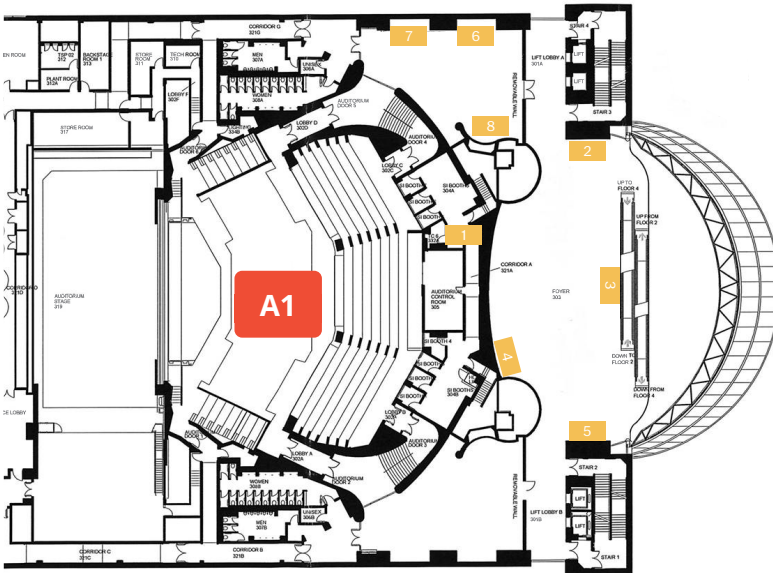
FLOOR PLAN



- A1
- A2 - The Liffey B
- A3 - The Liffey A
- A4 - Liffey Hall 2

Level 1

- 1. Wisepress
- 4. EMDR Kit
- 7. All-Ireland Assoc. stand
- 2. Neurotek
- 5. Bilateralstimulation.io
- 8. TRN
- 3. EMDR Europe
- 6. Thera Tapper



Level 3



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Ayse	Akan	Addressing Mental Health Needs after COVID-19: A Systematic Review of Remote EMDR Therapy Studies as an Emerging Option	3
Nina	Kaufmans	An Examination of Age and Gender Factors on Immediate Stabilization Procedure Effectiveness During the Russian-Ukrainian War	4
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Roxana Beatriz	Peralta	Contributions of EMDR to coping with Ongoing Traumatic Stress in teachers and families of children in a situation of illness.	6
Miya	Moore-Felton	Crisis Stabilization Using Bilateral Stimulation:	7
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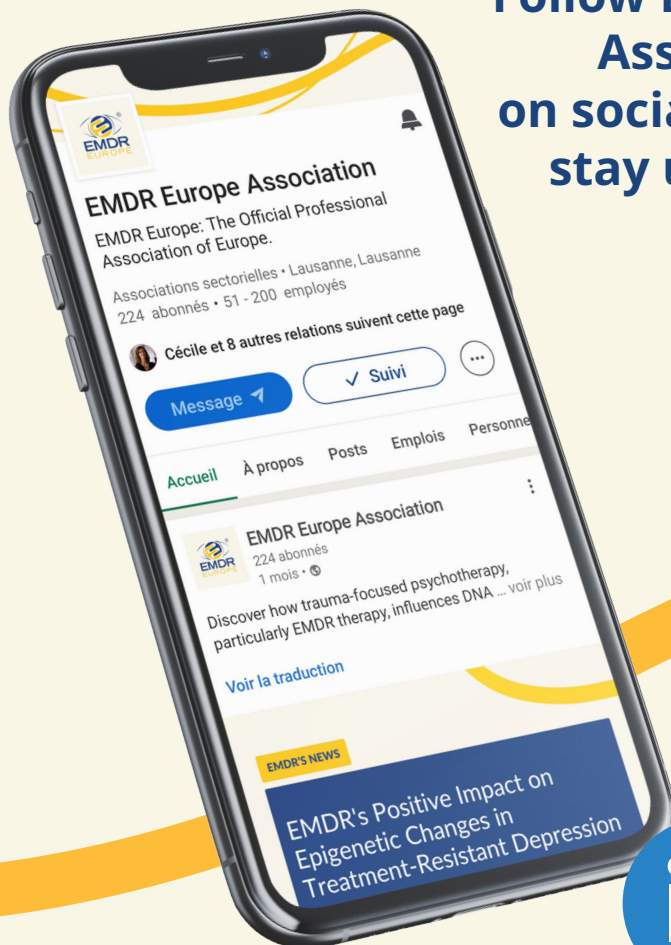


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KEYNOTE SPEAKERS



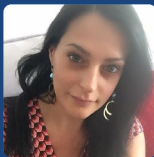
Benedik Amann

Childhood trauma and its impact on mental and somatic health in adulthood.



Sarah Dominguez

EMDR Therapy: Navigating the Transdiagnostic Terrain.



Alessandra Minelli

Epigenetic and biological signatures of early life traumatic events: A putative effect of EMDR.



Frank Padberg

A transdiagnostic cluster approach to adverse childhood experiences: A new model for assessment and therapy.



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