



## **EMDR Child Training 5 and 6 March 2020 Christchurch NZ for minimum level I trained EMDR therapists**

### **What is EMDR?**

EMDR is internationally widely used and recommended in international guidelines as one of the evidence-based treatments for traumatized children with PTSD. EMDR can be used for consequences of single event trauma, but also for chronic traumatization like domestic violence, (sexual) abuse, neglect, drug- and alcohol-abuse by parents, attachment-issues, parents with mental health issues and medical trauma. EMDR can be used when bad memories from the past are linked to present symptoms, like depression, anxiety or a negative self-image. Since EMDR requires very little verbal abilities, it can be used also for (Indigenous) children for whom English is a second language, children with an intellectual disability, FASD and for young children (0-6).

### **The use of EMDR with children**

Therapists who have been trained in EMDR for adults lack information on adaptations, necessary for using EMDR with children. In the Netherlands, the Dutch Child & Adolescent Trainers Carlijn de Roos and Renee Beer offer child level I trainings, competency-based consultation and child level II trainings. Since 2000 Carlijn and Renee have trained many child therapists successfully. In New Zealand and Australia there is a great need of specialized training for EMDR therapists working with children. After having organized four successful EMDR Child trainings in Australia and New Zealand, the Institute for Chronically Traumatized Children (ICTC) is organizing another Child level I training in New Zealand.

### **Program EMDR Child Training**

In this two-day training program, Renee Beer will teach the modifications to the standard EMDR-protocol for all age groups (0-3, 4-5, 6-11, 12-18) and the treatment of preverbal trauma, illustrated with video fragments. Participants will practice with parts of the Child Protocol. After this training therapists will be able and (hopefully) confident enough to use EMDR with children of all ages with PTSD related symptoms. This training is EMDRAA, EMDRNZ and EMDR-Europe accredited. EMDR-consultation by an accredited EMDR Child Consultant afterwards for over a period of a year is strongly recommended to build on skills and confidence in dealing with complex situations.



### **Complex cases and stabilization**

For the use of EMDR within a phased treatment with complex traumatized and dissociative children, often in foster or residential care, it is recommended to attend the workshop Treating Chronically Traumatized Children previous to the EMDR training. In this workshop the Sleeping Dogs method (Struik, 2019) is used to work on for example issues around resistance, lack of motivation, safety, stability in daily life, attachment, denial or lack of acknowledgement from the parents. This one-day workshop is planned on Wednesday the 4<sup>th</sup> of March 2020 (costs 275 NZD including book).

### **Applicants**

Participants need to work with children and be trained and certified in EMDR level I Adults.

### **Practical issues**

**Location:** to be determined in Christchurch

**Dates:** 5 and 6 March 2020 (9.00 am till 5.00 pm)

**Costs:** 890 NZD no GST including lunch and materials. There is an **early bird discount of 40 NZD** upon registration before 1 October 2019!

**Registration:** [www.ariannestruik.com](http://www.ariannestruik.com)

**Information:** [ariannestruik@hotmail.com](mailto:ariannestruik@hotmail.com)

**Renée Beer** is a clinical psychologist /cognitive behavioral therapist and an EMDR Europe approved Child & Adolescent Trainer. Together with Carlijn de Roos she developed the Child & Adolescent EMDR training for the Netherlands. Renée is specialized in the treatment of children and adolescents with diverse trauma-related disorders and adolescents with eating disorders. She is also certified as trainer in Trauma Focused Cognitive Behavioral Therapy. She published both on EMDR and TFCBT and she is Chair of the Child & adolescent trainers of EMDR Europe.