



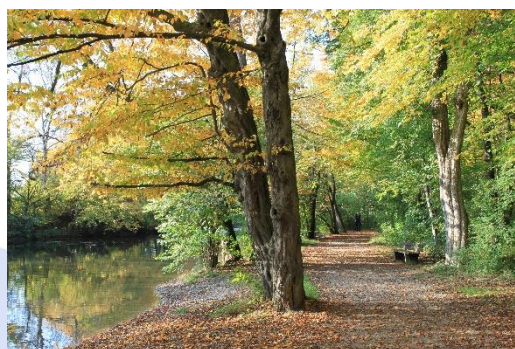
# EMDR CENTRE LONDON

EMDR Training & Trauma Therapy

## Switzerland

### EMDR training Geneva 2020

EMDR stands for Eye Movement Desensitization and Reprocessing and is a brain-body-based trauma therapy developed in California between 1987 and 1991 by clinical psychologist Dr. Francine Shapiro. EMDR has been successfully used as a method of trauma therapy since the mid-1990s and is increasingly used in training, counselling and coaching. The EMDR method can be integrated into every established therapeutic procedure.



EMDR works with bilateral stimulation, i.e. with both brain hemispheres, primarily through eye movements, and more and more with other sensory stimulation.

#### Entry Requirements

For non-qualified psychologists and psychotherapists, access to EMDR training at recognised institutions is often refused. We feel it is unfortunate that this valuable and combinable method has such strict entry criteria, and we wish to enable a wider group of professionals to participate in high quality EMDR training.

Coaches, alternative psychotherapy practitioners, family, art, gestalt, body psychotherapists, behavioural and speech therapists, amongst others, who do not meet the entrance requirements of recognised EMDRIA institutes, are also – subject to proof of therapeutic qualifications – welcome at the EMDR Centre London.

#### EMDR Training in Geneva

The complete EMDR Training consists of 3 Modules, each Saturday/Sunday, from 10.00am to 5.30pm:

<b>EMDR training 1:</b> basic <b>10.10. – 11.10.2020</b>	<b>EMDR training 2:</b> intermediate <b>28.11. – 29.11.2020</b>	<b>EMDR training 3:</b> advanced <b>23.01. – 24.01.2021</b>
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Costs for the 6 days: 1.390.- CHF – (VAT-free) incl. training material

The training will be given in English, with partial translation

Barbara Lerch Director of EMDR Centre London

[www.emdr-centre-london.org](http://www.emdr-centre-london.org)



# EMDR CENTRE LONDON

## EMDR Training & Trauma Therapy

### Content

What is EMDR? How does EMDR work?

Indications and contra-indications

Safety precautions and side-effects of EMDR

EMDR in trauma therapy

What is trauma? How is it caused? What are the signs of trauma?

Building up and activating inner resources

Methods of psychological stabilisation

EMDR techniques for coping with everyday life and as a future resource

Transference and counter-transference with EMDR

Dealing with blockages and resistance during a EMDR session

EMDR standard protocol in theory and practice

- Fear protocol
- Phobia protocol
- Mourning protocol
- Isolated trauma
- Behavioural changes
- Psychosomatic protocol
- Recent isolated traumatic event
- Cognitive weaving in of metaphors, suggestions and hypnotic speech patterns
- CIPBS (Conflict Imagination Painting & Bilateral Stimulation)
- Natural Flow
  
- Allergy protocol
- Addiction protocol
- Dental fear protocol
- Pain protocol
- EMDR for children and young adults
- EMDR integration in therapy and coaching
- Creative tools
- EMDR supervision
- Use of bilateral music in EMDR sessions

The training consists of theory, practical exercises, Live demos and self-experience in small groups.



# EMDR CENTRE LONDON

## EMDR Training & Trauma Therapy

Please register firmly via [www.emdr-centre-london.org](http://www.emdr-centre-london.org)

### Certification

Certification („EMDR in therapy and coaching“) is conducted solely according to the guidelines of the EMDR Training Centre Munich & London. Although the training follows that of EMDRIA / EMDR International Association, we are fully independent of and not aligned with EMDRIA / EMDR International Association.

**Your trainer:** Barbara Lerch, Dipl.-Psych., EMDR therapist, Brainspotting therapist, Director of EMDR Centre London

**Assistant:** Bianca King, MBACP, Masters in Psychotherapy and Counselling

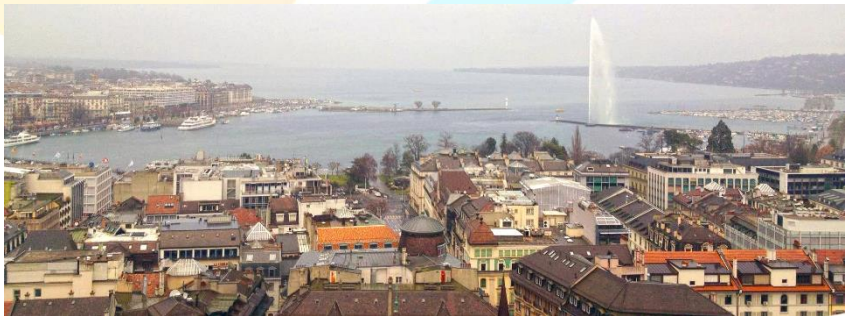
**Venue of the training:** Geneva Hostel, Rue Rothschild 28-30, CH-1202 Geneva

### How to reach Geneva Hostel

#### By Car:

#### *Coming from France*

A40 or A42 Highway (Paris or Lyon)  
Take the exit Genève-Vallard and pass customs Vallard.



Take the road to the boulevard Malagnou trenches left and follow road to the place Claparede.

Turn left onto Boulevard of the Philosophers, go to the roundabout Plainpalais.  
From there turn right onto Boulevard Georges-Favon.  
Continue to Place Cornavin, then take rue de Lausanne.  
From there turn right onto John Amat Charles then turn left into Rue des Buis and finally left into Rue Rothschild.

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# EMDR CENTRE LONDON

## EMDR Training & Trauma Therapy

### *Coming from Switzerland*

A1 Highway (Zurich, Bern, Lausanne, Neuchâtel)

Take the exit Genève-Lac. Follow the road until you find a large intersection and turn left to follow the lake road.

You will see very quickly the Hotel President Wilson.

Just after the hotel turn right, then right, left, right, and you're there.

### **By Train:**

#### *From the railway station*

##### **Tram 15:**

Take the tram 15 in the direction of "Nations". Those are in front of the train station.

Get off two stops further. The stop name is "Butini".

Walk back for two blocks and you will find Rothschild Street on your left. The Geneva Hostel is on Rothschild Street 28-30.

The trip costs CHF 2.50 (short trip ticket, 3 stops maximum)

##### **On foot:**

Follow Lausanne Street during 10-12 minutes and you will find Rothschild Street on your right. The Geneva Hostel is on the left side of this street.

### **By Plane:**

#### *From Cointrin Airport*

Direct train from the underground station from the airport to the train station of Cornavin, then take the tram number 15 direction "Nations".

The trams are located opposite the station. Get off two stops later at the stop "Butini", go back two streets and you will find Rothschild Street on your left.

Go to Rothschild Street 28-30 on the left.

Bus No. 10: from the airport to the Gare de Cornavin (then tram No. 15)