



# EMDR CENTRE LONDON

EMDR Training & Trauma Therapy

## Netherlands

### EMDR training Amsterdam 2022

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 Amsterdam

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



<b>EMDR training 1:</b> basic <b>02.07. – 03.07.2022</b>	<b>EMDR training 2:</b> intermediate <b>03.09. – 04.09.2022</b>	<b>EMDR training 3:</b> advanced <b>29.10. – 30.10.2022</b>
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Costs for the 6 days: 1.250.- € – (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)



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## 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
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- 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.

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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:** EMDR therapist

**Venue of the training:** De Roos Pieter Cornelis, Hooftstraat 183, 1071 BW Amsterdam.

De Roos is in the south side of the centre next to the Museumplein. Very easy to reach by train from the airport to central station Amsterdam, or by bus, tram, bicycle and foot.

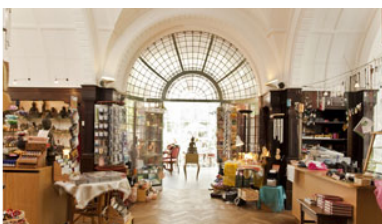
On Sundays, there is free parking in this part of Amsterdam.

**BUS** Lines 145, 170 or 197 (stop: Hobbemastraat or Museumplein).

**TRAM** Lines 2 & 5 (stop: Paulus Potterstraat, corner of Van Baerlestraat) and 3 & 12 (stop: Van Baerlestraat hoogte Conservatorium) and line 16 (stop: Concertgebouw).

**TRAIN** from Central Station: trams 2, 5, 16.

Train or Bus 170 from Schiphol airport to Station Zuid WTC and then tram 5. Train from Utrecht to Station Amstel and then take tram 12. Train from Haarlem to Station Sloterdijk and then take tram 12. Train from Hilversum to Station Muiderpoort and then take tram 3.



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