



## **EMDR Child Training 6 and 7 March 2019 Wellington NZ for minimum level I trained EMDR therapists**

### **What is EMDR?**

EMDR is an 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 a child level I training, competency based consultation and a child level II training. Since 2000 Carlijn and Renee have trained many child therapists successfully. In New Zealand and Australia there is a great need for specialized training for EMDR therapists working with children. After organizing two successful EMDR Child trainings in Australia, the Institute for Chronically Traumatized Children (ICTC) decided to invite one of the Dutch Child & Adolescent Trainer over to New Zealand to deliver Child level I training. Participants need to be trained and certified in EMDR level I Adults.

### **Program EMDR Child Training**

In this two-day training program, Carlijn de Roos will teach the modifications to the standard EMDR-protocol for all age groups (0-3, 4-5, 6-11, 12-18 and preverbal trauma) and illustrate those with video fragments. Participants will practice with aspects of the Child Protocol. In addition, Case Conceptualization, Resource Development Installation, the use of Cognitive Interweaves with children will be addressed. 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 'Don't let sleeping dogs lie!' previous to the EMDR training. In this workshop the Sleeping Dogs method (Struik, 2014) 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 5<sup>th</sup> of March 2019 (costs 275 NZD including book).

### **Applicants**

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

### **Practical issues**

**Location:** La Bella Italia in Wellington

**Dates:** 6 and 7 March 2019 (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 2018!

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

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

NB A minimum number of participants is required for this training

**Carlijn de Roos** is a clinical psychologist/psychotherapist and an EMDR Europe approved Child & Adolescent Trainer. Together with Renée Beer she developed the Child & Adolescent EMDR training in the Netherlands. Carlijn is specialised in the treatment of infants, children, adolescents and adults with trauma-related and somatoform disorders. She conducted and participated in several RCT's to investigate the efficacy and efficiency of EMDR and CBT for traumatized patients and has published on these topics. Furthermore she is president of the Dutch EMDR Association.