

EMDR PART-2 TRAINING (Kathmandu, Nepal) – October 28th to 31st, 2017



EMDR Association India & Trauma Recovery/HAP USA in collaboration with Trauma Recover/HAP USA, Trauma Aid/HAP France, Action Contre La Faim (ACF), Nepal and Trance cultural Psychological Organization (TPO), Nepal organized part-2 training in Basic EMDR therapy in Kathmandu, Nepal.

A one-day supervision and consultation was conducted on the 27th October, 2017 prior to the four-day part 2 training. EMDR Basic Training Part 2 (28th to 31st October, 2017), being the second part of the two-part EMDR training, involved 4 days program covering the content through lectures, video demonstrations and supervised practice in small groups. Dr Parul Tank and Dr Dushyant Bhadlikar were the trainers. Mr Chintan Naik, Dr Usha Verma Srivastava, and Ms. Adithy were the facilitators of the workshop.

There were 27 participants which included psychologists and psychiatrists. These participants are clinically active in various organisations, hospitals and government mental health setups.

This was a continuation from the part 1 training conducted in the year 2016 in two different batches in Kathmandu, Nepal. The same participants who had finished the part 1 training and supervision were eligible for the part 2 training. The certificates of attendance for the

Part 1 training were distributed to those attended and completed the 5 hours of supervision. Most participants were able to present their case in lucid and systematic manner as per the expectations, following the guidelines provided in the case presentation format.

EMDR Institute/Trauma Recovery manual was followed to commence this training. The manual was found to have significant clarity to the concepts and contents related to the Part 2 training. The videos were used from the old training kit and they were complimenting to the training material.

There were some participants who needed more help as concepts of AIP were not clear, the same were addressed. The participants, in the part-2 training, were presented with the insightful explanation of complex trauma, comprehensive versus symptom reduction treatment plan, resource development and enhancement, how to handle strong emotional responses, cognitive interweave, etc. The discussions were aided audio-visually to facilitate the learning. Video clips of model sessions were shown to help the participant perceive the essence of an EMDR session.

The post-lunch sessions would involve practicum part of the training workshop. The participants were distributed in three groups accompanied by a facilitator for each of them. The facilitator would take the participants through the exercises demonstrated in the manual step by step. The participants were encouraged to work in pairs to experience the role of both the client and also the therapist. The entire process was successfully facilitated by the faculties.

The training team provided the participants with an opportunity to read and study about the books and other literature on EMDR. The trainers encouraged participants to study and review the scientific literature available.

The fourth day of the training workshop was designed to be the first step of case consultation. The participants were encouraged to present their hypothetical treatment plan and were guided in further case formulization of complex cases. Follow up supervision will be ensured by modality of Skype (via internet) so that every participant successfully completes the five hours of supervision. In this manner they will become EMDR practitioners to efficiently handle simple and complex trauma cases in their clinical set ups.

The signed certificates of completion of EMDR Therapy Trainings have been handed over to Ms. Prathma so that she can distribute to the trainees after she is informed about the completion of supervision process.

Verbal and written feedback of the training by the participants was encouraging. There is a demand by the participants and the various organisations in Nepal to conduct more such trainings. The concept of EMDR association of Nepal was introduced to the participants and they would look into the proposal actively in the future. A special thanks to Dr Sushma Mehrotra, Ms Carol Martin, Ms Fanny Guidot, Ms Prathama, and Mr Anil Bilas for their tireless efforts. This training would not have been possible without their support and contribution.