



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
Newbury & Marlborough

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PROFESSIONAL SEMINARS FOR THERAPISTS - NEWBURY

Introduction to EMDR

(Eye Movement Desensitization & Reprocessing)

Sarah House

Saturday, 18th April, 2015 - 10 am to 1 pm

Introduction

Eye Movement Desensitisation and Reprocessing (EMDR) therapy is one of the most significant, exciting and innovative developments for decades in the treatment of psychological trauma-related conditions. Recommended for the treatment of PTSD by NICE (National Institute of Clinical Excellence) and the World Health Organisation (WHO).

EMDR is a powerful therapeutic method that helps many people recover from trauma-related incidents, as well as from anxiety, depression or self esteem issues. It can be used alongside, and in conjunction with, mainstream counselling/psychotherapy when clinically required. This seminar will teach you:

- ❖ how EMDR works with unprocessed memories in a safe way without the need for talking about the trauma itself
- ❖ what EMDR is, how it has developed and what presenting issues it can be used with
- ❖ the EMDR protocol with clinical examples
- ❖ simple clinical techniques/resources which can be learned and applied with clients, eg safe place, tapping & light stream technique,
- ❖ when to refer a client on for EMDR, and what is involved in becoming an EMDR therapist.

Biography

Sarah House is an experienced BACP registered Senior Accredited counsellor, and also a qualified EMDR therapist. She works in private practice in Swindon and Marlborough and became interested in the area of trauma through her past involvement with critical debriefings, addiction work and working with clients. Sarah has worked in a variety of settings over the years, from an Employee Assistance Programme Organisation to non-statutory agencies. She is co-founder of The Swan Project (Bristol) and has been in Private practice for over 10 years.

This seminar will be open to all therapists, psychological and complementary

“Early bird” price before 18th March - £40; or after £50

Venue: Methodist Church Hall, Northbrook St, Newbury RG14 1AN (clock tower end of High St)

For bookings: seminars@wendybramham.co.uk or phone 07921 393879

To see our full seminar programme: www.wendybramham.co.uk (seminars tab)