

Training in Nepal from 2/6/16 to 6/6/16

Day 1 training:

Traumatology. 38 participants took part actively. They were paraprofessionals who had come from various districts of Nepal. There was a Nepalese translator and we spoke in Hindi.

The workshop was well received and stabilization exercises were taught in the afternoon session without using BLS. Participants were educated about the need to refer clients to trained therapists. The criteria for such referral were impressed upon them.



Training from 3/6/16 to 6/6/16: EMDR level 1 training:

It was inaugurated by Dr Samuel from WHO and Dr Kedar and TPO representatives also addressed the participants.

35 participants were part of level 1 training with 13 psychiatrists and the remaining psychologists. The training was in English. The HAP manual was followed with Asian examples and incidents. Afternoon sessions were for practice. Day 4 was for sample case presentation so they could familiarize themselves with the case conceptualization format. The first skype session is planned for July last week. The group has been divided into 4.

Feedback was mostly positive and participants seem enthusiastic to start doing EMDR in their set ups. Most of them see trauma victims of the earthquake. An effort will be made by the local team to connect paraprofessionals with the participant of EMDR training so appropriate referrals can be made.

The next training will be planned once 4 skype sessions are attended by the participants. It has been suggested that level 1 and level 2 trainings can be done at the same time by the trainers in the next follow up.

