

## **EMDR PART-1 TRAINING (MUMBAI) – July 1<sup>st</sup> to 4<sup>th</sup>, 2014**

EMDR Association India organized part-1 training in EMDR therapy in Mumbai. EMDR Basic Training Part 1, being the first part of the two-part training, involved 4 days program covering the content through lectures, video demonstrations and supervised practice in small groups. Dr Sushma Mehrotra, Dr Parul Tank, and Dr Dushyant Bhadlikar were the chief trainers throughout the seminar. Dr Rani Raote, Dr Chitra Munshi, and Ms Hvovi Bhagwagar were the facilitators in the practicum part of the workshop.

This training was guided and supported by Trauma recovery /Humanitarian Assistance Program (HAP), USA. Trainers followed the curriculum, manual based on the training aids supported by Trauma Recovery/HAP and met the criteria of International training standards.

Twenty two participants from various parts of India, Nepal and Nairobi participated in the EMDR Part 1. The participants were presented with the insightful explanation of the basics of EMDR, the adaptive information processing model, the three-pronged protocol, the eight phases, stabilization exercises, 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 association 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 prepare a hypothetical treatment plan for a case they would like to administer EMDR with. A model case was presented by Chintan Naik demonstrating the standard case conceptualization format. Dr Sushma Mehrotra presented some case vignettes of some past trainees, which drew the attention of the participants onto the crucial aspects to be remembered during the session. Each participant was encouraged to present their hypothetical treatment plan and was guided in further case formulization.