

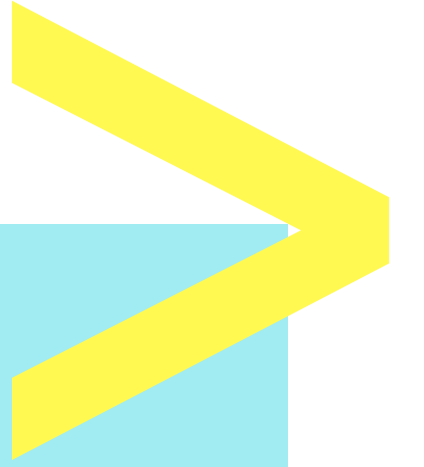


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EYE MOVEMENT DESENSITIZATION REPROCESSING TRAINING WORKSHOP

LEVEL 1

DATE: 6TH – 9TH JUNE 2019

TIME: 9 AM -5 PM

LANGUAGE: ENGLISH

**FOR: PRACTICING PSYCHIATRISTS,
PSYCHOLOGISTS AND COUNSELLORS**

**FEES: RS 30,000/- (FOOD AND
MATERIALS WILL BE PROVIDED)**

**VENUE: 419, SAMUTTHANA, NAWALA
RD,NAWALA**

**RECOGNIZED AS AN EFFECTIVE FORM OF TREATMENT FOR TRAUMA
AND OTHER DISTURBING EXPERIENCES**



TRAINERS:

Dr. Sushma Mehrotra:
Former President, EMDR Asia Association and India EMDR Association /
Approved EMDR Trainer.

Dr. Parul Tank:
Consultant Psychiatrist and Approved EMDR Trainer India.

WHAT IS EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful therapeutic method for helping clients to let go of distressing memories and to think differently about their trauma.

After a successful EMDR session, the client may even have difficulty recalling their formerly upsetting traumatic experience. Often clients report that when they started the EMDR procedure, the trauma memory was like a video with sounds and sensations. After the session, the trauma memory is more like a still, black and white photograph.

Given the world wide recognition as an effective treatment of trauma, one can easily see how EMDR also would be effective in treating the “everyday” memories that are a reason people have low self-esteem, feelings of powerlessness, and all the myriad of problems that bring them in for therapy.

Since first discovered over 30 years ago by a Psychologist, Dr. Francine Shapiro, millions of people have been treated successfully over the years and, now over 70,000 clinicians throughout the world use this as their primary therapy. There has been so much research on EMDR that it is now recognized as an effective form of treatment for trauma and other disturbing experiences by organizations such as the American Psychiatric Association and the American Psychological Association.

This workshop of Level 1, is part of 2 Levels. Level 2 will take place after a few months giving time for the trainees to gain practical experience in their work with clients. If you like more information about what EMDR is, please read it on our website. www.emdrsrilanka.org.

THOSE WHO ARE INTERESTED IN FOLLOWING THE TRAINING, PLEASE CONTACT :

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