



presents

Basic EMDR Therapy Training Course



3 Levels of
5-Day Workshops
& Consultation

This Training is for Licensed Lebanese psychologists residing in Lebanon.

It will be mainly in English language.

Instant translation to Arabic is available.

Trainer: Dr. Derek Farrell (*University of Worcester, England*)
Internationally Accredited EMDR Trainer & Consultant

Date of Level 1 Workshop: 23rd – 27th of June 2021

Time: 8:30am – 5:00pm
including lunch & coffee breaks

Location: Coral Beach Hotel & Resort (*Jinah region, Beirut*)
Social distancing is respected.

This Training Course is funded by:
Terre des Hommes tdh Germany
&
**German Ministry of Economic
Cooperation & Development**

This Training Course is endorsed by the
**National Mental Health Programme
(NMHP)** as it is in line with the National
Mental Health Strategy Objective of scaling
up evidence-based psychological
interventions.

What is EMDR Therapy?

EMDR, *Eye Movement Desensitization and Reprocessing*, is an integrative psychotherapy approach that controlled research studies have proven its effectiveness for Post-Traumatic Stress Disorder. It is also effective in treating anxiety and other psychological disorders that developed after disturbing life experiences. EMDR therapy, developed by Francine Shapiro, is based on the model of Adaptive Information Processing (AIP) that posits that much of psychopathology is due to the maladaptive encoding of and/or incomplete processing of traumatic life experiences. This impairs the person's ability to integrate these experiences in an adaptive manner. EMDR therapy facilitates the accessing and processing of traumatic memories to bring them to an adaptive resolution.

Program Description:

This Basic EMDR Therapy Training course is composed of Levels 1, 2, & 3 and a minimum of 15 hours of group consultation & 9 hours of individual consultation. It also includes a *field application* where each participant is expected to provide EMDR therapy for *minimum of 15 beneficiaries* throughout the training. Upon the completion of the Basic EMDR Therapy Training course, a "*Certificate of Completion*" will be granted to the participant.

N.B. Full Attendance is a must. It is important to note that the "Certificate of Completion" will NOT be issued for those who miss any of the sessions.

Dates of Program:

- Level 1: → 5-day workshop Part 1 – June 23-27, 2021
→ Consultation Groups during the Month of September 2021
- Level 2: → 5-day workshop Part 2 – January 26-30, 2022
→ Consultation Groups during the month of April/May 2022
- Level 3: → 5-day workshop Part 3 – Aug 3-7, 2022
→ Consultation Groups during the month of November 2022

N.B. The dates are subject to change depending on further outbreak of Covid 19 and on any major risk that can occur in Lebanon.

Biosketch of Accredited EMDR Trainer:

Derek Farrell, PhD, is a Principal Lecturer in Psychology at the University of Worcester where he is Programme Director of an MSc EMDR Therapy Course. He is an EMDR Europe Accredited Trainer & Consultant, a Chartered Psychologist, Scientist and Associate Fellow of the British Psychological Society, and an Accredited Psychotherapist with the British Association of Cognitive & Behavioral Psychotherapies (BABCP).

He is past President of the EMDR UK & Ireland Board, President of Trauma Aid Europe, Past Vice President of EMDR Europe Board, Chair of the EMDR Europe Practice Committee and a participating member of the Council of Scholars Future of EMDR Project. He is involved in Humanitarian Trauma Capacity Building programs in Pakistan, Turkey, India, Cambodia, Myanmar, Thailand, Indonesia, Lebanon, Poland, Philippines, Palestine, and Iraq. Derek was the recipient of the 'David Servan Schreiber Award' (2013) for Outstanding Contribution to EMDR Therapy. He got shortlisted for the prestigious Times Higher Education Supplement (TES) Awards (2017) for 'International Impact' for his Humanitarian Trauma Capacity Building work in Iraq with the Free Yezidi Foundation and Jiyan Foundation for Torture and Human Rights, and awarded the Trauma Aid Europe 'Humanitarian of the Year Award' (2018).



Team of Facilitators & Consultants:

A team of Lebanese EMDR facilitators and consultants will be available to guide and support the participants through the whole training course.

Eligibility Requirements for Participation:

- 1) The participant should have a **Master's degree or higher** in psychology, counseling, or psychiatry.
- 2) The participant should have a **minimum of 2 years' experience working as a therapist after the Master's degree**.
- 3) The participant should have a **license** from the Lebanese Ministry of Public Health to practice as a clinical or educational psychologist or a psychiatrist.
- 4) The participant should be **currently working as a practitioner**.
- 5) The participant should be interviewed & approved by the **Standards Committee**.

Registration Requirements:

1. Minimum 50% of the places are reserved for therapists who are working full-time in Non-profit organizations (INGO, NGO, governmental organizations).
2. The applicant should prepare all the documents mentioned below ahead of time, fill in the **application** on website www.emdrlebanon.org and then upload the documents:
 - (1) Curriculum Vitae CV
 - (2) Scanned copy of Identity Card or Passport
 - (3) Scanned copy of the highest university degree.
 - (4) Scanned copy of your "license to practice" from the Lebanese Ministry of Public Health.
 - (5) Scanned copy of a letter of reference or recommendation that proves that you have a minimum of 2 years of experience in therapy after the Master's degree.
 - (6) If you are working in an organization/institution, you need to get a letter of commitment or employment stating that you work as a practitioner in this organization.

N.B. Kindly use copies scanned by a scanner & not by phone camera.
3. An **interview** date will be set for the applicant who satisfies the eligibility requirements.
4. Upon the **approval** of the Standards Committee of EMDR Lebanon Association, the applicant will **receive payment information**.
5. **Registration is confirmed after payment**.
6. **Since this Training course is funded, the registration fee for Level 1 is \$100** or its equivalent in Lebanese Pounds according to daily market.
 - *To ensure equity of access and in line with the NMHP requirement, the registration fees for 5 participants will be waived upon criteria of merit, motivation, financial situation, and service of vulnerable populations.*
7. Participation in this training is limited to only **40 licensed psychologists/psychiatrists**.

Contacts: For more information, please send an email to: training@emdrlebanon.org or call: **Ms. Mona Abdallah - Project coordinator +961 76 754125**