Ulster University Belfast Campus, 25-51 York Street, Belfast, BT15 1ED. www.ulster.ac.uk

Thursday 26th May - Registration from 09:00 / Conference starts 09:30 and finishes 17:00

Keynote Speaker:

Dr Gus Murray M.Sc. (Psych.), M.HRD, is Programme Director and Senior Lecturer in Counselling and Psychotherapy at the Cork Institute of Technology, Cork, Ireland. He is an EMDR Europe Accredited Practitioner and Consultant and an Integrative Psychotherapist accredited with the Irish Association for Counselling and Psychotherapy and the United Kingdom Council for Psychotherapy. He works extensively with complex trauma and dissociative states. He has extensive training and experience in Ego State therapy and has also completed a training in Somatic experiencing. He has a special interest in the use of therapeutic interweaves in EMDR therapy with complex trauma particularly Ego State and Somatic interweaves. Gus has over 25 years’ experience as a mental health clinician and trainer.

‘The Therapeutic Interweave and its application in working with defensive, dissociative and dysregulated states.’

Notwithstanding the effectiveness of EMDR therapy in the resolution of type I PTSD, it is widely acknowledged by EMDR Practitioners and Consultants that a considerable challenge still exists to achieve similar success in the resolution of Complex Trauma. Complex post-traumatic stress disorder is developmental in origin and is found to be maintained through deep rooted secondary dissociation involving complex fragmentation of the personality producing multiple dissociated states and survival adaptations. The need for interweave strategies to assist with EMDR processing in these situations has been widely acknowledged. A further challenge for EMDR practitioners is to incorporate such interweave strategies in a way that maintains the integrity of the EMDR/AIP model without departing into a parallel therapeutic approach.

Afternoon Parallel Workshops:

Dr Paul W. Miller MD DMH MRCPsych, Consultant Psychiatrist and Psychogeriatrician, accredited EMDR therapy Consultant, Facilitator and EMDR Trainer-in-Training with Worcester University. He is a popular speaker, nationally and internationally, and has recently published a book with Springer in the USA ‘EMDR therapy for schizophrenia & other psychoses’. He introduced EMDR therapy to the NHS in Northern Ireland & founded Mirabilis Health: the first private psychiatrist-led clinic specialising in EMDR therapy. He is the recipient of: The Galloway Award, presented by the National Schizophrenia Fellowship (2000), The International Society for Psychiatric Genetics – Travelling Scholarship (2001), and The NI Section of the Royal College of Psychiatrists Research Prize (2002).
‘EMDR therapy for Psychotic Disorders, including Schizophrenia: a practical guide to case selection and the 4 ICoNN Treatment Protocols’ by Dr Paul Miller.

This workshop presents a methodology for assessing and understanding presenting problems in psychosis within a trauma formulation that enables the application of EMDR therapy. This model is referred to as the ICoNN (Indicating Cognitions of Negative Networks) Model. Four ICoNN categories of cases are delineated that allow the experienced EMDR clinician to utilise both the standard 8-phase/ 3-pronged protocol and modified protocols.

‘EMDR therapy Research and Practice Development Workshop’ by Iain McGowan and Derek McLaughlin.

This workshop will look at the practical issues in devising, planning and conducting research in the clinical setting. It will explore how this can be built into routine clinical practice. Issues about Governance, Ethics and Evaluation will be addressed. The workshop will look at both quantitative and qualitative approaches to research and assist the participants which approach or combination of approaches is better suited to their needs. Research priorities for EMDR Therapy in Northern Ireland will also be explored.

Iain McGowen, MPhil, BSc (Hons), RN, FHEA. Lecturer in Nursing at Ulster University.
Iain is a lecturer in nursing at the University of Ulster. He is course director for the MSc programme Nursing and is currently an associate member of Institute of Nursing and Health Research, University of Ulster. Iain graduated with a diploma in mental health nursing from the Queen’s University of Belfast and BSc (Hons) in Health Sciences from the University of Ulster. He completed his Post-Graduate Diploma in Education for Nurses, Midwives and Health Visitors in the University of Ulster in 2005. He is a registered mental health nurse and nurse tutor. He was awarded an MPhil from Ulster in 2016.

Dr Derek McLaughlin, RN (MH), BSc (Hons), PGCE, D.Phil., FHEA., Assoc. Course Director BSc Hons (MH) Nursing.
Derek has been a mental health nurse for over 25 years. He has extensive experience of alcohol and drug care and treatment, more recently he has developed his knowledge and skills in the care and treatment of people with trauma related problems. He is skilled in the management of a wide range of mental health difficulties. Derek believes emotional problems are best addressed in partnership and that real healing occurs when a person is cared for in a holistic manner.

Paul, Iain and Derek form the local EMDR therapy research hub at Mirabilis Health.

‘When the Negative Cognitive is True – Using EMDR therapy with Children and Adolescents at Risk’ by Dr Alistair Black.

This presentation will explore the challenges of utilising EMDR with children and adolescents whose traumas may be ongoing. The issues of target selection and target ordering will be explored along with how realistic it is to achieve stabilisation or a safeplace with this group. Issues such as the impact of current risk on SUDs ratings will be addressed along with the setting of realistic treatment goals and the use of modified future templates.

Dr Alistair Black, EMDR Consultant and Facilitator. He is a BABCP Accredited Cognitive Behavioural Psychotherapist, UKCP Registered Psychotherapist, BABCP Accredited Cognitive Behavioural Therapy Trainer and BABCP Accredited CBT Supervisor. Dr Black is Consultant Psychotherapist – Head of Psychological therapies at the Police Rehabilitation and Retraining Trust (PRRT) and is Honorary Consultant Psychotherapist to The Northern Ireland Regional Child and Adolescent In-Patient Service and consults with various other CAMHS teams. He lectures at Queen’s University Belfast and has provided consultations and workshops at national and international level and has a special interest in ‘man-made’
trauma.

Venue: Ulster University Belfast Campus, 25-51 York Street, Belfast BT15 1ED.
http://www.ulster.ac.uk

*Early Bird fees are available until 31st March 2016.*
Discounted prices for members of EMDR UK & Ireland.
To become a member of the association please refer to www.emdrassociation.org.uk

*Member Early Bird £120.00
Member Standard Rate £135.00
*Non Member Early Bird £135.00
Non Member Standard Rate £150.00

We only accept payment in UK Pound Sterling (GBP). Delegates from outside the UK will be billed in UK Pound Sterling.

The closing date for pre-registrations is Tuesday 24th May 2016.

Fees include: Access to all sessions of the day, exhibition and posters area, refreshment breaks and lunch. Delegates will receive a Certificate of Attendance - EMDR UK & Ireland CPD applied for.

Attendance at this event will attract 6.5 participatory hours CDP per day for nurses toward NMC revalidation. Psychiatrists’ CPD will be according to peer group approval as usual. Note that this event will be paperlight therefore speakers’ notes will be provided online via Dropbox.

A detailed program will be provided to all delegates once they are registered.
Please fill in the Registration Form attached and post it to Mirabilis Health.

For more information and to register to the conference, please contact:

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