

Title	<i>EMDR in conjunction with a healthy brain/body orientation to support adolescents and young adults with IDD (Intellectual and Developmental Differences or Disabilities) who have challenging behaviours.</i>
Presenters	<i>Dr. Beth Barol, PhD, LSW, BCB, NADD-CC, is currently an Associate Clinical Director of the Clinical Services for Vulnerable Adults clinic, in Chester, Pennsylvania. She serves as co-Director of the Capacity Building Institute for Pennsylvania and CEO of Camphill Soltane.</i>
Date / Time	<i>Thursday 7th April: 6.30pm – 9.30pm</i>

Aims

To help EMDR practitioners discern when to engage with EMDR with individuals with IDD and challenging behaviours.

To help EMDR practitioners widen their repertoires of approach for individuals with complex needs and challenging behaviours.

Objectives

Participants will be able to apply biographical timeline work to help give context and direct treatment for young people with ID who may not be able to willing to talk about their traumatic experience and how it has impacted their lives.

Participants will be able to weave a consciousness of brain health and neuromodulation into their EMDR Practice with this population.

Participants will identify challenges they encounter with individuals with IDD and will be able to explore approaches to build trust and the willingness to work with the practitioner.

Learning outcomes

Participants will:

Learn about the rationale for using storytelling, metaphors, and axillary steps in EMDR

Learn when to consider using this approach with children and adolescents with Intellectual and Developmental Differences and challenging behaviours

Learn about the benefits to clients using a multi-faceted healthy body and healthy brain approach

Be introduced to additional approaches to supplement EMDR practice and how to use it with this population

Teaching Methodology/Format

Lecture/ Practicum/Discussion

Target Audience

The workshop is intended for those who have completed, as a minimum, EMDR Europe Accredited Training Part 1 and whose core profession qualifies them to work with children and adolescents. It will be of interest and value to those working with adult clients with a history of early childhood trauma.

How will this presentation develop EMDR practice?

The emphasis in this workshop will be on developing EMDR clinical skills in relation to working with adolescents with Intellectual and Developmental differences who have experienced and continue to reverberate from traumas in their lives. This will be done through the exploration of crosswalks with EMDR protocols, as well as additional considerations to help individuals be more responsive to the current interventions. Special attention and focus will be paid to the benefit of using bilateral stimulation as part of this therapeutic work.