

Presenter Abstracts & Biographies

Presenter: Peter Liebermann

Keynote: EMDR - what's new



Biography:
Specialist in Psychiatry and Psychotherapy,
EMDR-Trainer (EMDR Europe)

Private practice in Leverkusen. Co-founder of German speaking Society for Psychotraumatology (DeGPT) and several years of board activity. Deputy head of the working group 'acute traumatisation' of DeGPT. Founding member and board member of EMDRIA Germany, President 2005-2012.

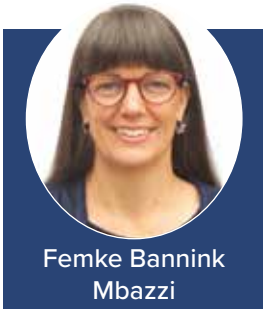
Treasurer EMDR Europe 2011-2019. Chair of the EMDR Europe Conference Committee 2016-2021. Member of the Standard Committee of EMDR Europe. Lecturer at various psychotherapeutic training institutions. Member of the steering group of the German PTSD guideline 1998-2021. Part of the EMDR Trainer Cooperation training association.

Abstract:

More than 150 articles are published annually in scientific journals on the applicability of EMDR. In addition to its high efficacy in the treatment of posttraumatic stress disorder as well as PTSD and comorbid disorder, the significance of pathogenic memories in the genesis as well as in the perception of symptoms in disorders beyond PTSD is increasingly recognized and therefore offers a possibility for the application of EMDR. The presentation will give an overview of recent studies, especially newer meta-analyses with a focus on patient populations with severe mental disorders and how they can benefit from EMDR.

Presenter: Femke Bannink Mbazzi PhD

Workshp:: Culture and cultural adaptations in EMDR treatment



Biography:
Psychologist and cultural anthropologist

With 20 years' work experience in clinical practice and research in Uganda with a special interest in trauma, disability and mental health. She is a certified EMDR therapist with EMDR Belgium, EMDRIA, and EMDR Uganda. She heads the Research Committee of EMDR Africa and is an Assistant Professor at the London School of Hygiene and Tropical Medicine

Abstract:

In order to effectively work with clients who differ from their own cultural groups, clinicians and researchers require cultural competency skills. This workshop targets EMDR therapists who have experience or have an interest in working with a diverse client population. Drawing on the work of Spierings, Nickerson, Zimmerman, and others the workshop will provide

participants with the opportunity to practise cultural competency skills that can be used in EMDR treatment of clients from diverse cultural backgrounds.

The presenter will give an outline of the existing literature on culture and cultural adaptations in EMDR treatment, discuss practical ways of adapting the protocol in working with clients from diverse cultural backgrounds, discuss case scenarios, and facilitate practical exercises.

Aim and objectives:

The overall aim is to improve cultural competency in EMDR therapists.

The specific objectives are to:

- Increase cultural awareness in EMDR therapists
- Discuss adaptations and modifications of the standard EMDR protocol for clients from diverse cultural backgrounds
- Practice with cultural adaptations of the standard EMDR protocol based on the participants and facilitator's case material

Learning Outcomes:

Participants will:

- Learn about the rationale for using cultural adaptations in EMDR
- Be introduced to the use of cultural adaptations and modifications of the EMDR protocol for use with EMDR clients
- Practice with cultural adaptations in different phases of the standard EMDR protocol.

Teaching Methodology:

Workshop

Target Audience: The workshop is intended for those who have completed, as a minimum, EMDR Europe Accredited Training Part 1. It will be of interest and value to those working with clients with different cultural backgrounds, including clients of 1st and 2nd generation refugee and migrant families.

How will this presentation develop EMDR practice?

The emphasis in this workshop will be on developing EMDR cultural competence skills in relation to EMDR treatment of clients from a wide range of cultural backgrounds.

Presenter: **Pamela Radcliffe**

Workshop: **Memory: Friend or foe? Memory beliefs in the twenty-first century: Why the science matters**



Pamela Radcliffe

Biography:

Following my law degree and being called to the Bar, I was a practising barrister for over thirty years. My practice spanned both criminal and family work encompassing a broad range of complex and grave allegations. As time passed, my academic interest in the interdisciplinarity of the law grew, especially the nexus between witness testimony and memory science. I was lead editor of a multi-disciplinary textbook, *Witness testimony in sexual cases*, (2016) published by Oxford University Press

with a Foreword by the Lord Chief Justice. I have delivered many lectures and workshops on witness testimony related issues to justice and medical professionals, charities and academics. I finally left legal practice to focus on research. I gained an MSc in Social Research Methods (Psychology pathway) at Southampton University in 2022 and am currently studying for my PhD in the Department of Psychology at the University of Portsmouth. My PhD research explores the prevalence and impact of memory misunderstanding in health and justice contexts.

Abstract:

‘Memory’ is our closest ally; it defines who we are. Our memories for past experiences are ever present, ready for us to pluck out and revisit – or are they? Do we - or more precisely - you, need to know more about the science of memory, including what the lay public do and don’t understand? The answer is a resounding ‘yes’. The scientific evidence is clear – ‘memory’ is not common sense. Misbeliefs about its function may have adverse effects. This presentation will discuss the results of a recent nationwide survey of memory beliefs amongst the lay public and therapeutic professionals with a special focus on EMDR practitioners. The impact of these misunderstandings on clinical outcomes and testimonial (evidential) reliability in justice settings will be briefly considered.

Presenters: **Dr Raquel Correia & Dr Yasmin Pethania**

Workshop: **Working Therapeutically with Clients Accessing Pre-Trial Therapy**

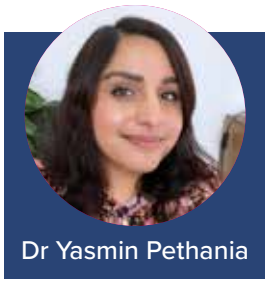


Dr Raquel Correia

Biographies

Dr Correia is an experienced consultant clinical psychologist with 20 years’ post-qualification experience. She is chartered by the British Psychological Society (BPS) and is registered with the Health Care and Professions Council (HCPC) and the British Association for Behavioural & Cognitive Psychotherapists (BABCP). She is also an EMDR Europe accredited Consultant and Clinical supervisor and EMDR Facilitator.

Dr Correia works as a Consultant Clinical Psychologist in the National Health Service and in private practice, specialising in the field of traumatic stress in addition to her general psychological expertise in common psychological disorders. She has worked in a variety of settings ranging from primary, secondary, in-patient and tertiary care, having worked with a wide breadth of presentations, from acute to enduring, and mild to severe. In addition to direct work with individuals, Dr Correia also provides specialist clinical supervision to a range of psychological therapists and is actively involved in research, teaching and training. She has presented at several national and international conferences and training programmes.



Dr Yasmin Pethania

Biographies

Dr Yasmin Pethania is a Clinical Psychologist skilled in the assessment and treatment of trauma presentations. She has expertise in working with survivors of traumatic experiences and human rights abuses. She qualified with a Doctorate in Clinical Psychology from the University of Surrey and is currently working as a Lead Clinical Psychologist at the Havens, a sexual assault referral centre in London which provides specialist trauma support for survivors of recent sexual

violence. As part of her work at the Havens, she is currently working on a project with the Metropolitan Police and Crown Prosecution Service about the use of psychological evidence when investigating rape and sexual assault cases.

Dr Pethania has a private clinic through which she offers therapy, consultation, supervision and expert assessments for court.

Dr Pethania is an accredited EMDR practitioner and completed the EMDR Consultant Training in October 2023. She also specialises in Trauma-Focused Cognitive Behaviour Therapy (CBT), Narrative Exposure Therapy (NET) and compassion focused approaches. Dr Pethania also has special interests in birth trauma, supporting asylum seeking people and guilt and shame based PTSD.

Abstract

This presentation focuses on the significance and challenges of providing pre-trial therapy within the context of the Criminal Justice System (CJS) and discusses best practice. The therapeutic work with clients involved in the CJS requires a comprehensive understanding of the complexities and dynamics unique to this system. Pre-trial therapy offers valuable benefits by addressing clients' psychological difficulties such as Post-Traumatic Stress symptoms, low mood and anxieties associated with the legal process. Improved coping strategies and effective psychological treatment is likely to help clients remain engaged with the CJS and improve their ability to provide evidence in court.

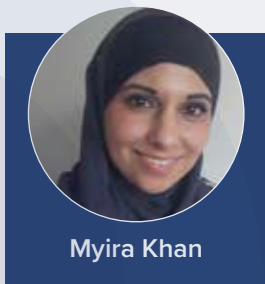
Therapists must be knowledgeable about the relevant laws and procedures governing notes' disclosure and collaborate with the Police and the CPS to ensure compliance while advocating for clients' wellbeing. Informed consent to treatment will be discussed and the challenges faced when balancing client confidentiality with legal obligations. Furthermore, best practice will be shared for note-taking, emphasizing the importance of documentation that captures the therapeutic process, interventions, and client progress, while protecting sensitive information.

The presenters work in a Sexual Assault Referral Service (SARC) in collaboration with the Police and the Crown Prosecution Service (CPS) and will discuss their involvement in an unique national pilot that advocates for the consideration of psychological evidence in cases of sexual violence and how they work in partnership to improve outcomes for clients.

By addressing the complexities of pre-trial therapy of clients involved with the CJS, this presentation aims to enhance understanding and provide guidance for therapists in navigating the ethical and legal considerations inherent to this specialist field. Delegates will gain insights into the importance of collaboration, informed consent, note-keeping practices, management of notes' requests and disclosures and maintaining the balance between therapeutic effectiveness and legal compliance.

Presenter: **Myira Khan**

Keynote: **Working Within Diversity: an anti-oppressive model for therapeutic practice**



Biography:
Specialist in Psychiatry and Psychotherapy,
EMDR-Trainer (EMDR Europe)

Myira is a multi-award-winning Accredited Counsellor, Supervisor, Coach and Counselling Tutor, and the Founder of the Muslim Counsellor and Psychotherapist Network (MCAPN), and author of *Working Within Diversity – A Reflective Guide to Anti-Oppressive Practice in Counselling and Therapy* (published July 2023).

Myira has over 14 years of clinical experience, alongside delivering workshops, trainings and events internationally on *Working Within Diversity* and anti-oppressive practice and is a regular keynote speaker and presenter at conferences and events.

Working Within Diversity, both the book and the accompanying workshop and training series, is a culmination of her counselling and supervision experience alongside her extensive teaching and training experience delivering workshops on identity, culture and diversity, to create a robust foundation and framework for anti-oppressive practice in therapy, supervision, coaching and all practitioner-led practices and professions, across all modalities.

As the Founder of the Muslim Counsellor and Psychotherapist Network (MCAPN), established over 10 years ago, Myira runs the network for Muslim counsellors, therapists and psychologists, offering support, CPD opportunities and raising the visibility of Muslim practitioners. A visibly Muslim, ethnically-minoritized, neurodivergent/ADHD practitioner, Myira represents a diversity and intersectional identity within the therapeutic and coaching professions, supporting the establishment of diversity, anti-oppressive practice and culturally-attuned practice within the profession, alongside promoting counselling and coaching to ethnically-minoritized, Muslim, neurodivergent and under-represented, marginalised and intersectional communities and clients.

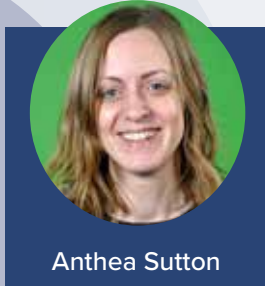
Abstract:

This keynote will introduce you to the *Working Within Diversity* model of anti-oppressive practice. A model which has evolved from Myira's extensive clinical experience as a Counsellor, Supervisor and Tutor/Trainer in delivering anti-oppressive practice in her own work. This presentation will focus on the pivot towards anti-oppressive practice, what the commitments are to anti-oppressive practice and why we need to be consciously working 'within' diversity and not 'with' diversity. You will be introduced to the *Working Within Diversity* 5-component model, key principles of anti-oppressive practice, the importance of advancing from cultural 'competence' based practice into developing and building cultural attunement in our practice and how we can utilise this model in our therapeutic and supervision work as EMDR practitioners to further support our diverse clients and communities.

Workshop Presenters: **Anthea Sutton BA, MA, MCLIP**

Workshop:

A systematic review to evaluate the evidence base (including clinical and cost-effectiveness) for EMDR in PTSD treatment and prevention to address the NICE guidance caveats for the use of EMDR in the treatment and prevention of PTSD in children, adolescents and adults.



Anthea Sutton

Biographies

Anthea Sutton BA, MA, MCLIP

Anthea is a Research Fellow in Evidence Synthesis and Retrieval in the School of Medicine and Population Health, University of Sheffield. Anthea's expertise is in information retrieval, systematic reviewing, review methodologies, and software tools to support the evidence synthesis process. Anthea has worked on a wide range of systematic review projects and products, including most recently leading a team to review the clinical and cost-effective

evidence in EMDR for treatment and prevention in adults, children, and young people. Anthea also leads the EMDR Publications database for EMDR UK, and is the co-founder of the Systematic Review Toolbox, an online resource cataloguing tools to support the systematic review process.

Researchers: A Sutton, E Simpson, C Carroll, M Frankhn, K Ren, E Wood.

Abstract:

Introduction

EMDR Association UK believes that the NICE guidance for PTSD (NG116) is out of date and that new evidence would support the fact that EMDR may be an efficacious and cost-effective treatment for PTSD compared to alternatives. The Association therefore commissioned The Sheffield School of Health and Related Research (SCHARR) to evaluate the evidence base for EMDR in PTSD treatment and prevention in order to address the NICE guidance caveats for the use of EMDR in the treatment and prevention of PTSD in children, adolescents and adults and to provide a research summary that justifies advocating for EMDR as the primary recommended treatment for PTSD.

Methods

Three systematic literature reviews (prevention, treatment, cost-effectiveness) were conducted undertaken in accordance with the general principles recommended in the York CRD guidance³ and the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA).

Results

The findings of the first two reviews of randomized controlled trials (RCTs) of the effectiveness and safety of EMDR for PTSD will be presented.

We have developed a tailored proposal, which outlines our planned approach to managing the project and meeting the objectives.

Introduction: This proposal is in response to a Request for Proposal (RFP) from the EMDR

Association UK to evaluate the evidence base (including clinical and cost-effectiveness) for EMDR in PTSD treatment and prevention in order to address the NICE guidance caveats for the use of EMDR in the treatment and prevention of PTSD in children, adolescents and adults. More information about the approach, objectives and research questions can be found in Section b (Background and Rationale).

Methodology: SchHARR propose 3 systematic reviews (treatment, prevention and cost-effectiveness), an evaluation of the caveats in the existing NICE guidance for PTSD based on the review of the evidence base, and a feasibility assessment for cost-effectiveness analyses (CEA) modelling comparing EMDR to other treatment options for PTSD. More information on the research methods proposed can be found in Section d (Methodology).

Timeline: SchHARR proposes that this is an eight-month project, with key milestones to deliver the outputs in priority order (as described by EMDR UK) at months five, seven and eight. A full detailed timeline can be found in Section f (Timeline).

Budget: A breakdown of the individual costs for the systematic reviews (treatment and prevention), evaluation of the NICE caveats, cost-effectiveness review and feasibility assessment, and overall project management costs are presented in Section g (Budget). Please note that an optional add-on regarding GRADE assessment of the evidence is cost separately (Table 3).

Research Team: The project will be delivered by a highly experienced team based at the School of Health and Related Research (SchHARR), The University of Sheffield. More information about SchHARR and the individual team members can be found in Section h (Research Team).

Dissemination: A systematic review manuscript or series of manuscripts (treatment, prevention, cost-effectiveness) will be submitted to an open access journal.

Background and Rationale

Objectives

This proposal sets out the methods and costs for each of the following:

Systematic literature reviews (SLR) of randomised controlled trials (RCTs) published since 2018 of the effectiveness and safety of EMDR in the prevention and treatment of PTSD across child, adolescent, and adult populations.

Evaluate the specific caveats in NICE guidance related to EMDR use in these populations. Provide a systematic review of cost-effectiveness literature for EMDR in the prevention and treatment of PTSD across child, adolescent, and adult populations.

Feasibility and narrative value-of-information assessment for cost-effectiveness analyses (CEA) modelling comparing EMDR to other treatment options for PTSD*

* conducting the modelling will be subject to a different proposal and associated funding, depending on the outcome of this review. However, it is worth noting that we are aware of existing models that compare various PTSD treatments in adults¹, and children and young people², which informed the updated NICE guidance, which were based on a review and network-meta analysis (NMA) as mentioned later in this proposal. Therefore, the worth of updating this modelling will wholly depend on the results from the updated review described in this proposal compared to the existing review.

Costing Assumptions

The costs for the systematic review in this proposal are based on inclusion of up to 25 RCTs, including extraction of data (with specific reference to data relevant to the NICE caveats), risk of bias assessments, narrative synthesis and tabulation of results, and the conduct of an appropriate form of analysis (full narrative synthesis or meta-analysis, depending on the clinical and statistical heterogeneity of the evidence base).

The costs for conduct and writing of a brief report relating the findings of this SLR to the NICE caveats are based on: a) the need to perform a brief content analysis of the NICE guidance to validate the caveats; and b) to apply any relevant findings of the SLR to these caveats.

The costs for the cost-effectiveness analysis are based on the conduct of an SLR of relevant evidence to inform feasibility and for cost-effectiveness analyses (CEA) modelling comparing EMDR to other treatment options for PTSD. A scoping suggests that approximately 12 studies will be assessed for the cost-effectiveness systematic review.

Research Questions

What is the updated evidence regarding the specific caveats in NICE guidance related to EMDR use?

What is the updated evidence from randomised controlled trials of the effectiveness and safety of EMDR in the prevention and treatment of PTSD across child, adolescent, and adult populations?

How does the effectiveness and safety of EMDR compare to non-pharmacological therapies (predominantly CBT) in child, adolescent, and adult populations?

What is the existing cost-effectiveness evidence of EMDR in the prevention and treatment of PTSD across child, adolescent, and adult populations?

Methodology

Three systematic literature reviews (prevention, treatment, cost-effectiveness) will be conducted as described below.

The systematic reviews will be undertaken in accordance with the general principles recommended in the York CRD guidance³ and the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement⁴. After the protocol has been agreed with EMDR UK, it will be registered with PROSPERO prospective register of systematic reviews (<https://www.crd.york.ac.uk/prospero/>).

Three reviews will be undertaken.

For Objectives 1) and 2), SLRs of randomised controlled trials (RCTs) of the effectiveness and safety of EMDR for PTSD.

Presenters: **Jane L. Ireland**

Workshop: **Trauma experiences among those with personality disorder and/or psychopathy: Developing a pathway to EMDR formulation**

Biography

School of Psychology, University of Central Lancashire and Mersey Care NHS Foundation Trust, High Secure Services

Professor Ireland holds a Professorial Chair at the University of Central Lancashire. She is Violence Treatment Lead within High Secure Services, Ashworth Hospital and an EMDR Europe Accredited Clinical Supervisor/Consultant. She is an EMDR supervisor for the secure services in Mersey Care NHS Trust. She is elected academy fellow of the Council of the Academy of Social Sciences, fellow of the International Society for Research on Aggression (ISRA) and was a member of the REF panel for Psychology and Psychiatry (2017, 2021). She holds three visiting/honorary/adjunct professorships at Abo Akademi University, Finland, University of Technology, Sydney, Australia, and Cardiff Metropolitan University, UK. Professor Ireland is currently academic lead for the Ashworth Research Centre (ARC), an NHS centre for forensic clinical research, based within Mersey Care NHS Trust. She also leads the University of Central Lancashire Psychological Support Hub, which specialises in trauma therapy, including for complex forensic clients being managed through probation services. Professor Ireland publishes widely, with in excess of 150 publications and several handbooks, including on multi-study work on personality disorder, psychopathy and trauma.

This presentation will commence with an outline of contemporary understandings of personality disorder and psychopathy, including the importance of functioning. It will proceed to capture a series of studies examining the association between trauma, personality disorder and psychopathy across populations. The results of an initial systematic review will be outlined first, before capturing a series of studies including prisoners, forensic patients and community samples that assess varying aspects of noted importance, including interpersonal relationships, schemas and affect. The paper will outline the core elements of this research and how it has led to the development of the EMDR-PPE (EMDR Pathway to Preparation and Engagement Framework), which is a means of mapping an AIP informed formulation that captures the three-pronged approach but also incorporates the noted research findings alongside assessment and therapist process issues.

Acknowledgements: Dr Michael Lewis, Dr Carol A Ireland, Dr Kimberley McNeill.

Presenters: **Ludwig Cornil and Olivier Van Limbergen**

Workshop: **Treating Relational Trauma with EMDR**



Ludwig Cornil

Biographies:

Ludwig Cornil is a distinguished Belgian clinical psychologist with a remarkable career dedicated to trauma therapy and the advancement of the field. He graduated as a clinical psychologist from the University of Ghent, where his journey into the world of psychology began.

For two decades, Ludwig lent his expertise to the Psychological Counseling Department of the AZgroeninge in Kortrijk, where he played a vital role in providing support and guidance to individuals seeking psychological assistance. This tenure allowed him to gain extensive experience in the field.

In 1997, Ludwig's life took a pivotal turn when he was introduced to Eye Movement Desensitization and Reprocessing (EMDR) therapy. His fascination with the method led him to Boston, where he trained under Francine Shapiro, the founder of EMDR. Impressed by the remarkably fast and positive results EMDR achieved, Ludwig returned to Belgium with an enthusiastic commitment to immerse himself in this innovative therapeutic approach.

Ludwig's dedication to EMDR therapy extended to the founding of EMDR-Belgium in 2001, alongside a group of fellow psychologists. For approximately 15 years, he served as the chairman of this organization, actively contributing to the growth of EMDR therapy in Belgium.

In 2003, Ludwig Cornil's expertise was recognized by EMDR-Europe, where he became an EMDR trainer. He took on the responsibility of organizing EMDR trainings for therapists proficient in both Dutch and French languages. Under his leadership, Belgium saw the organization of its first long-term Psychotraumatology training.

His commitment to trauma therapy and EMDR extended to the founding of the European Society for Trauma and Dissociation, where he played an instrumental role as the Belgian representative. In 2010, Ludwig established the training center "Integrativa," offering courses on trauma for psychiatrists, psychologists, and psychotherapists. His dedication to education led him to co-found the university trauma course at KU Leuven in 2016.

Furthering his mission to make a meaningful impact on trauma therapy, Ludwig founded the "Léonce Roels Trauma Center" in Zottegem. This center became the clinical arm of the Integrativa training center, providing essential support to individuals in need of trauma therapy. As a guest lecturer at ULB, Ludwig actively participates in the interuniversity EMDR training, contributing his knowledge and expertise to the next generation of therapists. His outstanding contributions to the field of EMDR therapy were recognized when he received the prestigious David Servan-Schreiber award from EMDR Europe for his remarkable achievements.

Ludwig Cornil's unwavering dedication to trauma therapy, EMDR, and the betterment of the field have made him a highly respected and influential figure in the world of psychology, particularly in Belgium and the broader European community. His work continues to touch the lives of individuals in need of trauma support, and his commitment to education and training ensures a brighter future for the field of trauma therapy.



Biographies:

Olivier Van Limbergen is a professional with a diverse background in the field of mental health. Between 2009 and 2017, he worked in specialized youth care as a family worker, drawing from a systemic contextual approach.

Meanwhile, he became a lecturer at in Ghent on systemic work and he served for several years as a supervisor for a training program in contextual counseling.

Since 2017, Olivier has further advanced his expertise, becoming a licensed psychologist and psychotherapist. He is also certified as an EMDR practitioner, specializing in trauma therapy for adults with a history of childhood trauma. Notably, he is the originator and developer of Affect Focused EMDR, a more specific way to treat adults with childhood trauma.

In June 2023, at the EMDR Europe congress in Bologna, Olivier introduced Affect Focused EMDR alongside Ludwig Cornil. He is set to embark on a new venture with Ludwig Cornil, commencing next year, by launching a four-year training program in expert EMDR therapy. This will be the first four year trauma-based training in Belgium.

Abstract:

Traditional psychotherapy has always been divided by a gap between trauma and systemic thinking. Trauma therapy like EMDR is recommended for so-called DSM traumas (e.g., car accidents). However, for childhood trauma (such as an absent parent), the focus is typically on systemic therapy. Many patients fall into this gap. Purely systemic therapy can help people reexamine or reestablish family bonds. It can also provide insights into the origins of the issue. However, the gains may be limited when it comes to feelings of loneliness or a poor self-image. When applying the basic EMDR protocol to trauma, we need concrete memories that can activate the full emotional charge. This is why EMDR is such an effective tool for processing singular trauma. It involves a one-time event, accompanied by a very specific memory.

However, the majority of cases in our practice involve childhood traumas resulting from past upbringing situations. These issues rarely stem from specific situations with concrete memories, but rather from a nurturing environment, an unsafe home situation, or an unpredictable parent. Such traumas are much less tangible than so-called DSM traumas. Many individuals fall into the gap between systemic thinking and EMDR: systemic work doesn't reach the emotion sufficiently, while conversely, there are not enough core memories available for EMDR. Nevertheless, we firmly believe that even youth traumas of this nature can be effectively processed with EMDR.

With 'Affect Focused EMDR', we try to fix this problem. We also try to find answers to how therapists can have less fear for the emotion and how we can manage to dig deeper into the emotion of the patients.