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## **EMDR CHILD AND ADOLESCENTS TRAINING (ENGLISH)**

Dates: Part 1 – January 30-31, 2019 9:00-18:00

Part 2 – May 15-16, 2019 9:00-18:00

Place: In Jerusalem, exact location TBA

Cost: 4000NIS when registering for both parts (We view this as a 2-part training, rather than 2 separate trainings. If, for some reason, one needs to register for only 1 part, the cost is 2100NIS/each part separately.)

For details and registration contact [EMDR.Institute.of.Israel@gmail.com](mailto:EMDR.Institute.of.Israel@gmail.com) or call Batya at 02-672-1372 (leave a message).

### **COURSE OBJECTIVES**

#### **PART 1 - Basic adaptation of EMDR practice and principles with child and adolescent populations**

The goal of this section is to enable EMDR therapists to acquire the expertise necessary to adapt the 8 stages of the EMDR adult protocol to children, according to their developmental stage.

Participants will learn to develop an EMDR treatment plan to fit their young clients. They will acquire tools for resource development, for processing early and preverbal trauma and for strengthening parents' ability to support the EMDR process.

#### **Issues that will be dealt with in the Part 1 training**

- How to concretize the AIP model within the framework of EMDR psychotherapy and the developing child.
- How to adapt the 8 phases of the EMDR protocol to suit specific developmental needs.
- How to relate to treatment planning while considering family dynamics, attachment history, and the use of a developmentally appropriate child interview model.
- The preparation phase: Finding resources within the here and now of the therapy room.
- How to focus on and access crucial events in the child's life. "The search for TARGETS"
- How to navigate the assessment phase according to the developmental level of the child.
- How to develop and process the traumatic narrative when working with early trauma.

**Prerequisite for Part 1 Child Training: Completion of Part 1 of the Basic EMDR (Adult) Training.**

#### **PART 2 – Advanced adaptation of EMDR practice and principles with child and adolescent populations with complex and relationship trauma**

The goal of this section is to enable EMDR Child Therapists to deepen and broaden their ability to treat children who have been exposed to complex trauma, neglect, abuse and problems of faulty attachment.

Our aim is to teach ways in which the more advanced EMDR techniques, in all 8 phases of the protocol, can be adapted to the developmental level of the child.

Participants will learn how, when possible, to integrate the parent into the treatment in order to strengthen the attachment bond and establish the parent as the source of safety in the therapy room. They will learn to help



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the child and parent gain the courage to access difficult material, work with preverbal trauma and use interweaves suited to child when the processing is stymied.

**Issues that will be dealt with in the Part 2 training**

- How to recognize complex trauma in children.
- How to conceptualize complex trauma in accordance with the AIP model and recent neuropsychological research.
- How to evaluate problems of attachment and work with them in all phases of the EMDR Protocol.
- Techniques to access safety, regulate affect and work on repairing developmental deficits through all phases of the protocol.
- Interweaves, suited to the child's developmental level, when processing is stymied.
- Playful methods to help child, parent and therapist navigate all phases of the protocol.
- Advancing the process through special protocols, suited to children.

**Prerequisite for Part 2 Child Training: Completion of Parts 1 and 2 of the Basic EMDR (Adult) Training and completion of the Part 1 Child Training.**

**In both sections material will be taught through lectures, case examples, watching and discussing therapy films and direct practicing of the material. Each section includes 5 mandatory sessions of group supervision, given by Child Supervisors in the Jerusalem area.**

**This 2-part training is recognized by the European EMDR organization and satisfies the requirements for entering the track for the accreditation process as EMDR Child Therapists.**

## About the Presenters

*Esther Bar Sadeh is a senior educational psychologist and supervisor, specializing in treating children and adolescents effected by trauma. She served as the head of the Educational Psychologist Service in Nazareth Elite and the founder of the "Child Sexual Abuse Unit", in that city. She also works with the Israeli-American Joint Distribution Fund and the Ministry of Education developing the knowledge and skills of psychotherapists who work with high risk children and youth. As a trauma specialist she serves as a consultant for a number of municipalities in Israel, supervising individual therapists who treat trauma and acting as advisor to teams, treating at risk children and adolescents. Esther is also a member of, the Faculty of "Children at Risk", at Oranim" College ".*

*She began her training in EMDR under Francine Shapiro, continued her training as a facilitator and trainer in the European organization with Bob Tinker and Sandra Wilson. Esther is an Accredited Child Trainer, training EMDR child therapists in Israel and internationally. She is a member of the EMDR – European Child Section, she chairs the European trainers committee. Together with Barbara, she has developed child and adolescent training programs, which she has taught in Israel and internationally. She is a member of the EMDR – European Child Section.*

*Barbara Wizansky is a senior clinical psychologist and supervisor with over 20 years of experience treating children and adolescents. She has worked in both the public and private sector, active in establishing programs for parents, health care providers and educators. For the major part of her career she has been closely associated with the Child and Adolescent Psychiatric Unit of the Sheba Medical Center in Israel,*



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*dealing with pathology in all its forms. As a trauma specialist she was responsible for treating and supervising the treatment of children suffering from the full range of simple and complex trauma. She also served as a consultant to the Child Development Unit of the hospital, a project whose aim was sensitizing the staff to the effects of early medical trauma and cooperating in developing treatment protocols. She has supervised and taught courses in trauma and focused therapies both in the Sheba Medical Center and a number of municipal settings in Israel.*

*Barbara has been involved in EMDR since 1999, trained as a facilitator and later as a European Child Trainer with Bob Tinker and Sandra Wilson. Together with Esther, she has developed child and adolescent training programs, which she has taught in Israel and internationally. She is a member of the EMDR – European Child Section.*