



כנס EMDR ישראל ה-1
30-31.5.2019



מבט אל הפסיכותרפיה של המאה ה-21

יום ה' 30.5 שעות 18:00-19:00

EMDR Therapy & Peak Performance
(הרצאה באנגלית)

Performing is an inevitable part of living. EMDR Therapy, applied effectively, benefits athletes, performing artists, graphic designers, writers, public speakers, business executives and examination takers (Foster & Lendl, 1995). As Grand (2009) outlines emotional suffering and confusing thoughts affects behaviour and performance. The archer needing the centre of the target to win a competition overcome by negativity before firing the arrow, the musician anxious about the up-coming cadenza, the footballer suddenly doubting which direction to score a vital penalty – these episodes not only have the potential to determine the present, but also future performance. Margins of error maybe minuscule yet can create crucial moments, endlessly re-played with intrusive regularity, disturbance and regret. History tends not to remember those coming second – entire careers defined, or shattered, by a single moment in time.

Performance anxiety is not unique to elite actors, artists and athletes. Instead, performance anxiety is ubiquitous. For this presentation will outline the effective utilisation of EMDR Therapy in addressing performance anxiety – using case examples from elite athletes, musicians, amateur cyclists, university students and health care workers. The theoretical framework of Adaptive Information Processing (AIP)/EMDR Therapy – as an eight-phase treatment intervention, applied in various scenarios and case examples, demonstrates how EMDR Therapy is amenable to a performance anxiety population.

Dr Derek Farrell, Principal Lecturer in Psychology – University of Worcester,
EMDR Europe Accredited Senior Trainer, BABCP Accredited CBT Therapist,
President of Trauma Aid Europe