

EMDR Norway Conference 2019

Presenter:

Dr Derek Farrell

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Workshop Abstract: Title - EMDR Therapy with Survivors of Sexual Trauma, Violence and Torture

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Abstract:

The phenomenon of Gender-Based Violence (GBV) is a violation of women's human rights and involves fundamental domination over and discrimination against women. In conflict areas acts of rape, torture, and dehumanisation, increasingly used as 'weapons of war', create untold, unspoken traumas, which present challenges when working with narrative and exposure-based trauma interventions. This workshop will focus upon the issue of GBV within the context of trauma capacity building. Country case studies will be used including Iraq, Cambodia and Myanmar. Distinct forms of sexual traumatology generate unique trauma characteristics not accounted for by existing PTSD classifications (DSM-5/ ICD-11).

For the purpose of this workshop, survivors of such traumas, viewed through the lens of 'Adaptive Information Processing (AIP)', are considered exploring six themes:

- Psychoeducation
- Trauma Stabilisation

- Trauma Confrontation
- Intensive Trauma Treatment
- EMDR Group Interventions
- Post-Traumatic Growth and Resilience

Keynote Abstract: Is the Adaptive Information Processing (AIP) theoretical framework of EMDR There sufficient in working with Complex PTSD: A critical review

The neurobiological lens of trauma has transformed our understanding of Complex PTSD away from events, and instead towards disorders of the body, mind and nervous system. Within EMDR Therapy, the theoretical framework of Adaptive Information Processing (AIP) is a transdiagnostic model that bridges both metaphor and neurophysiology. The essential currency of EMDR Therapy is that of dysfunctional memory networks. This raises questions as to whether AIP, as a paradigm, is sufficient in explaining both the range of symptoms indicative of C-PTSD – for example case conceptualisation, and secondly, in providing a sufficient theoretical framework to underpin a comprehensive treatment plan. This presentation will explore the AIP paradigm from two perspectives – investigating its sufficiency and insufficiency in working with C-PTSD clinical populations. It will consider aspects including Attachment Theory, Structural Dissociation, Meta-Theories and Competencies, Integrationism, Therapist Factors and Client Characteristics. Consideration towards three additional aspects: a. Teaching and Learning of EMDR Therapy; b. Research & Development: c. client narratives are explored.

Biography:

Dr Derek Farrell is a Principal Lecturer in Psychology at the University of Worcester (UK) where he is Course Director of a MSc EMDR Therapy programme (the world's first such programme). He is an EMDR Therapy Europe Accredited Senior Trainer and Consultant, a Chartered Psychologist with the British Psychological Society, and an Accredited Psychotherapist with the British Association of Cognitive & Behavioural Psychotherapies (BABCP). He is Past-President of the EMDR UK & Ireland Board, President of Trauma Aid Europe, Past Co-Vice President of EMDR Europe Board and current Chair of the EMDR Europe Practice Committee. He has been involved in a number of Humanitarian Trauma Capacity Building programmes in Pakistan, Turkey, India, Cambodia, Myanmar, Thailand, Indonesia, Lebanon, Poland, Palestine and Iraq. His PhD in Psychology was researching survivor's experiences of sexual abuse perpetrated by clergy and consequently has written several publications on this subject matter. In 2013, Derek was the recipient of the 'David Servan Schreiber Award' for Outstanding Contribution to EMDR Therapy. In addition, Derek was also shortlisted for the prestigious Times Higher Education Awards (2017) for International Impact due to his Humanitarian Trauma Capacity Building work in Iraq with the Free Yezidi Foundation and the Jiyan Foundation for Torture and Human Rights. In 2018 Derek was awarded the 'Trauma Aid Europe Humanitarian Award' in Strasbourg, France.

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