



One Day Virtual Master Class for EMDR Ukraine

EMDR Therapy – Blind 2 Therapist and Flashforward Protocols

Saturday 10th September 2022

10:00 – 13:00:

EMDR Blind 2 Therapist Protocol (B2Ti)



Abstract:

The use of the Blind 2 Therapist (B2Ti) protocol in EMDR therapy is particularly effective in working with shame-based trauma, and moral injury for clients unwilling to disclose any details about their trauma memory experiences. For this presentation, research will be presented about how the protocol has been tested as part of trauma capacity building, and during the Covid-19 pandemic. The core elements of the protocol will be outlined explaining its utilisation within clinical practice.

Dr Derek Farrell MBE – President of Trauma Aid Europe, Principal Lecturer in Psychology, University of Worcester (UK)

14:00 – 17:00:

EMDR Flash-forward Protocol (FF)



Abstract:

The Flashforward procedure is a **specific application of eye movement desensitization and reprocessing (EMDR)**. It is used for the treatment of irrational fears, for example, when a persisting fear continues after the core memories of past events have been fully processed. It is particularly effective in addressing clients 'worst fears', or catastrophic scenarios, which not only underline important aspects of PTSD and complex PTSD, but also phobic anxiety, major depressive disorders, and obsessive-compulsive disorders. This presentation will give an overview of the protocol and its clinical application in EMDR therapy.

Professor Ad de Jongh – Professor at University of Amsterdam (Netherlands)