

**Supervising Complex Clinical Cases with the expanded use of
the EMDR AIP model**

EMDR Europe Conference Consultants' workshop

Valencia, Spain. Thursday, June 9th from 14.00 till 17.30

Gus Murray

Abstract:

The effectiveness of EMDR therapy in the treatment of PTSD is now well established. Additionally, a growing body of research is demonstrating the effectiveness of EMDR therapy for the treatment of a wide range of clinical conditions and populations - e.g., a variety of anxiety disorders - phobias, panic disorder, obsessive compulsive disorder, generalised anxiety disorder; depression; grief and loss; various somatic problems - migraines, chronic pain, eating disorders; performance anxiety; addictions; attachment disorders; personality disorders etc. etc. Similarly, a growing body of clinical and research evidence supports the application of EMDR therapy across the full spectrum of low, moderate and high functioning clients. Notwithstanding these developments, feedback from Clinicians and Consultants would suggest that very many EMDR therapists encounter obstacles that limit the full potential of EMDR therapy, especially with more complex clients. It would appear also that many clinicians stop short of embracing EMDR as a comprehensive system of Psychotherapy and instead may tend to introduce EMDR as an element within their existing approach. This workshop will provide EMDR Consultants with a range of knowledge and skills to enable them to facilitate EMDR supervisees to embrace EMDR as a full system of Psychotherapy and to integrate this into their clinical practice.

Learning Outcomes:

Participants will learn:

1. To facilitate EMDR Supervisees to develop and embrace an expanded understanding of EMDR as a comprehensive system of psychotherapy.
2. To facilitate EMDR Supervisees to expand and enhance the collaborative use of case conceptualisation, target identification and treatment planning when working with complex clinical cases.
3. To facilitate EMDR Supervisees to develop strategies to assist clients to access positive resource networks and maintain adequate self-regulation within the window of tolerance while accessing and processing complex traumatic memories in EMDR therapy.
4. To facilitate EMDR Supervisees to develop strategies to recognise and work with resistance, reluctance, ambivalence, defences, and the varying levels of dissociative process that arise with complex clinical cases.
5. To facilitate EMDR Supervisees to develop an expanded understanding of the unconscious processes that arise within the therapeutic relationship when working with complex cases and to develop strategies for recognising and addressing them.

Workshop content:

The workshop will include

1. Illustrated presentations of relevant material
2. Demonstrations
3. Experiential application
4. Discussion and questions

Presenter:



Gus Murray is an EMDR Europe Accredited Trainer and Consultant with over 20 years' experience in the use of EMDR therapy.

He is a highly experienced Counselling and Psychotherapy trainer having been Programme Director and Lead Trainer at the Cork Institute of Technology for over 25 years.

He is an Integrative Psychotherapist, accredited with the Irish Association for Counselling and Psychotherapy and has also completed standard and advanced level trainings in Somatic Experiencing (SE) and is an accredited SE practitioner. Additionally, he has completed standard and advanced level trainings in Internal Family Systems (Ego State) therapy and has extensive experience in the teaching and practice of Ego State therapy.

Gus was the recipient of the Carl Berkeley memorial award (2017) from the Irish Association for Counselling and Psychotherapy in recognition of his outstanding contribution to the development of the Counselling and Psychotherapy profession

Gus is president of the EMDR All-Ireland association. He has presented at EMDR conferences and events throughout Ireland, the United Kingdom and Europe.

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