

Some Frequently Asked Questions about Traumatology Workshops and the EMDR Humanitarian Assistance Program (HAP)

Q: What is a Traumatology Workshop?

A: The Traumatology Workshop is a full day or half-day presentation by mental health clinicians who are expert in the treatment of psychological trauma. The focus of the workshop is three-fold:

- to explore the many ways that psychological trauma can arise and can present itself in the lives of traumatized individuals
- to discover what is happening in the brain of a person with a post traumatic stress disorder
- to review and understand the principles of effective treatment for trauma disorders

Q: Who should attend a Traumatology Workshop?

A: This workshop can benefit a wide range of individuals, including clinicians wishing to improve their skills in treating trauma, people who have experienced trauma disorders, friends and family members of trauma victims, non-clinicians who work in the helping professions, health and human services, education, law enforcement and criminal justice, journalism, and individuals who act as administrators or policy makers in agencies that treat or fund treatment of traumatized persons. All of these audiences will gain new understanding from the Workshop on the many ways that trauma can present itself and on the often dramatic ways that new treatments can resolve even long-standing traumatic disorders.

Q. What are these conditions that can be linked to trauma and treated with trauma therapy?

A. A wide range of pathologies and self-esteem issues have responded to trauma treatment, related both to upsetting past traumatic events and present life conditions of both children and adults. Presenting complaints that are successfully addressed include loss of a loved one, other forms of grief, rape, sexual molestation, combat and disaster related trauma, chemical dependency, and traumas associated with accidents, illness and medical procedures.

Q. What happens at a typical workshop?

A. Before the event, HAP presenters will work with the workshop sponsors to identify the primary interests of the expected audience and then will focus the presentation to serve their needs. The presentations are supported by audio-visual materials and by experiential interludes to demonstrate the issues discussed. Discussion and questions from the audience are encouraged. All participants receive extensive handouts and references for further exploration.

Q: What is the EMDR Humanitarian Assistance Program and why does it sponsor the Traumatology Workshops?

A: In 1995, Dr. Francine Shapiro and several associates created EMDR HAP as a non-profit corporation. Dr. Shapiro had previously developed a breakthrough method for trauma treatment, known as Eye Movement Desensitization and Reprocessing, or EMDR. EMDR is not the only method for treating trauma, but it has been documented in controlled studies to be both highly effective and rapid while avoiding the high treatment stress of some earlier therapies. National health services in several European countries and Israel have made EMDR a treatment of choice for PTSD, as has the US VA and Department of Defense for combat-related PTSD.

Within a few years of her discovery, Dr. Shapiro had created the EMDR Institute to train other therapists and had helped launch the EMDR International Association which sets standards for EMDR practice. Today there are over 60,000 EMDR therapists worldwide. By 1995 it was apparent that the

greatest population of people who needed trauma treatment were not likely to have access to the private practitioners who typically got training. EMDR Humanitarian Assistance Programs, Inc was created 1) to promote research on humanitarian applications of EMDR; 2) to expand the training of EMDR clinicians beyond the circle of those who could afford to travel to commercial trainings and pay commercial training fees. EMDR HAP particularly aims to help clinicians whose clients are undersupplied with mental health resources. A third element in EMDR HAP's mission is 3) responding to traumas resulting from disasters, whether man-made or natural in origin. Finally, (4) HAP aims to raise the general level of public understanding about trauma, a field in which new knowledge is developing rapidly. The Traumatology Workshop meets this fourth goal, but also supports the others.

Q: Who is eligible to sponsor or attend a HAP training in EMDR?

A: Any community agency can partner with HAP to bring a Traumatology Workshop to its community. The sponsor agency may offer the training to its own personnel or may open it to individuals from other agencies or the general public.

Q: What is a sponsor agency expected to do?

A: A sponsor agency provides a designated coordinator and assumes the role of coordination for promoting the training event, pre-registration, and collection of any fees. HAP provides information about the training and appropriate forms for registration activities. The sponsor agency also provides a venue for the training and arranges for audio visual support. Some sponsors choose to provide modest refreshment, with or without fee to participants, during the training, but this is not required.

Q: What does HAP do during a Traumatology Workshop event?

A: HAP provides a clinical trauma specialist as trainer. The HAP staff members are volunteers who have extensive experience in training for HAP or the EMDR Institute. HAP also provides handout materials for attendees to keep. HAP receives a payment for its services, negotiated in advance with the sponsoring agency. Typical cost for a half day event is \$500, and for a full day, \$800. HAP pays all costs associated with the travel, room and board of HAP volunteers.

Q: What is the size of a Traumatology Workshop event?

A: Size can vary, but we find it best if there are at least 15 to 20 participants; on the other hand we have had successful events with over 70 participants. Whether the participants have diverse specialties or if they share a common specialty, we can usually adapt the training to address their interests effectively.

Q: Does HAP provide CEU's?

A: No. Sponsoring agencies may apply for CEU's through their normal channels for professional training.

Q: How can we learn more about HAP training?

A: Call us and discuss your project idea. You can also request our FAQ document about EMDR training. Also, visit the EMDR HAP website: www.emdrhap.org where you will find more information about HAP. There are also citations of studies on efficacy of EMDR. For further information on EMDR, visit the websites of the EMDR Institute (www.emdr.com) and the EMDR International Association (www.emdria.org) The Institute site presents a detailed summary of the content of Part I and Part II EMDR training.