

EMDR

WEST MIDLANDS REGIONAL SUPPORT GROUP

Newsletter

No.2 April 2024

For all comments, submissions or questions:

please email: mail@emdrwestmids.org.uk

To join us or keep up with the latest developments:

Please visit: www.emdrwestmids.org.uk



Letter from the chair

Hi everyone, I hope you are having an enjoyable Easter break.

Transitions

I am becoming more aware, in my clients, that many of their problems stem from navigating a transition in life where they try to apply what worked before to a new situation and are having trouble working out the new 'rules'. In a similar manner, I am gradually becoming more aware of the transition we are having to make as a Regional Support Group. We were operating a model of three or four 'top' presenters per year, in person and attracting large numbers of people making us a powerful financial and professional resource. This is not how we are going to operate in the

future, partially because we need to restrict how many 'top' people we invite so that we do not conflict with the Annual Conference, and partly because we are asked to be a recruitment group, fostering local talent with often smaller numbers and much less income. This means that the way forward is to operate multiple meetings, either online, in person or hybrid to suit local presenters or create links to other organisations offering therapy that could usefully use input from us EMDR lot.

We are not tied to Central Birmingham, except where this may make sense for our larger meetings, and it may not make sense for everyone to try and come to all our meetings, just the ones that are useful to you. So, I am looking to create over the next year a rich calendar of events, based in localities other than Central Birmingham and highlighting different aspects of our work. Some of these will be in support of your practice, some will involve helping with theory and all will be trying to keep abreast of the developments in EMDR which is changing in nature as more people personalise their approach to it and get better at it. There will soon be therapists who will have difficulty believing that there are other therapies without also having EMDR and that we didn't all understand trauma back in the day. I certainly didn't. The core will always be the eight-phase protocol as that is our safeguard and unique selling point but how it is interpreted and improved will always be developing.

Annual conference

I think it is fair to say that all of us who attended found it extremely stimulating. People attending in person had a really good time, they tell me (I am not bitter), but it was also very enjoyable and informative attending online. There is too much to summarise here but there was a villain of the piece, two or three outstanding presentations where the take-home message was that you do not have to be perfect if you do not work in perfect conditions but you do have permission to improvise and it still works really well. Other good briefings in specialist areas were interspersed with theory and literature reviews. All in all, it was well-rounded and I felt both validated in some of the things that I do and challenged about some things that I do not do yet. The next conference will be in Liverpool and I hope we shall have sufficient self-esteem as an organisation to allow for more in-person attendance.

Research

As part of a larger charity, there are strict rules as to how we can spend our money. One productive area is in research, particularly in collaboration with relief organisations like Trauma Age UK and some universities. We could support these by donations, but we could also sponsor research via our local academic institutions if we can meet the requirements the Charity Commissioners set us and foster links. Anyone fancy developing that?

View from the garden

To continue with my regular drop-in (see below) I am going to lead with 'to NC/PC or not to NC/PC, that is the question?' I shall facilitate a discussion on this as many people can have trouble finding this useful and are tempted to abandon it, while I consider it vital with adults. This is just my opinion based on my experience and I feel it is worth discussing as a 'starter for 10'. The discussion can go anywhere, and I am happy to talk more about the experience of the Annual Conference as well.

So, what do I want from you?

I would value your questions.

- Think about your practice, what are you discovering or finding difficult that you might like to check out with other practitioners?
- Think about your understanding of theory, do you have a theory of personality and communication that works for you? After all everyone is a 'psychologist' and has theories of motivation, certainly about other people. Do yours work for you in the consulting room?
- Do you want to understand more of what is going on with EMDR UK, because what is going on there could impact your professional future? Just ask, why not?

Whatever level you are at we would welcome your input. Write up a brief case study and I will put it in a future newsletter, not too long, just enough to illustrate something that surprised you or challenged you or inspired you.

I am also happy to talk individually to anyone who would like to discuss anything Regional Support Group, just email me with your questions, cases or comments:

chair.emdrwestmids@gmail.com).

Planned Events:

A view from the garden: Chair's drop-in Zoom meeting to answer questions and listen to your suggestions. This is your opportunity to tune in to what is happening with our Regional Support Group, ask questions about any of the technical aspects of EMDR and share what you are finding in your practice. People new to EMDR are particularly welcome.

Each meeting will have a starter theme for discussion but there will not be a long presentation and the discussion can go anywhere EMDR, Psychological Therapy and West Midlands related.

Open to all levels of EMDR expertise and also to all Psychological therapy practitioners, including those without EMDR experience. Any questions/suggestions sent in advance are most welcome (mail@emdrwestmids.org.uk).

There is no charge for these meetings and this direct link should get you in:

<https://us06web.zoom.us/j/9954341418?pwd=enpkdi9FU25EYlVTLzRnNGVweHdBUT09&omn=82143072473>

4pm on the second Friday of the month (except May).

It may be repeated on the 4th Friday if there is a demand – email:

chair.emdrwestmids@gmail.com

- April 12th (second Friday)
 - *NC/PC – the heart of therapy with adults*
- May 3rd (first Friday)
 - *Collaboration with other services in the West Midlands*

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- June 14th (second Friday)
 - *The future of EMDR Regional Support groups*

- July 12th (second Friday)
 - *EMDR developments worldwide*

There will also be a one-day hybrid workshop on ‘*How EMDR explains (and can heal) Medically Unexplained Symptoms*’ presented by myself (I am a Chronic Pain specialist). Exact date (June), venue (Central Birmingham) and charge to be announced (I am getting there). Expressions of interest in attending welcomed, please email us: (mail@emdrwestmids.org.uk).

Next Steps

Feel free to forward this to any professional colleagues who might be interested, especially anybody who would like to understand what EMDR is about.

I wish you all well and look forward to hearing from you or seeing you at my drop-ins.

Many regards

David Pike

Clinical and Health Psychologist

01/04/2024