

# EMDR

## WEST MIDLANDS REGIONAL SUPPORT GROUP

### *Newsletter*

*No.1 March 2024*

For all comments, submissions or questions:

please email: [mail@emdrwestmids.org.uk](mailto:mail@emdrwestmids.org.uk)

To join us or keep up with the latest developments:

Please visit: [www.emdrwestmids.org.uk](http://www.emdrwestmids.org.uk)



### Letter from the chair

Hi everyone, this is my first attempt at a newsletter since becoming Chair of this Regional Support Group. We do not have a great deal of news just yet, but I am hoping that this will build up as we get going over 2024. My aim is to start with a few regular drop-in sessions with me so that anyone can ask questions and discuss EMDR related issues. I am very happy to have people who have no experience of EMDR through to highly experienced therapists. New people are keen to learn, and it helps experienced people to share what they have found. EMDR is a very powerful set of principles and techniques, which also demand a great deal of the practitioner. I owe it a debt of gratitude as it gave me a new lease of life as a therapist and I continue to use it as it is such a powerful tool to relieve suffering, despite my getting on a bit.

West Midlands EMDR Regional Support Group has a history of many years putting on three or four major presentations a year, pulling in some of the most senior and experienced people in the EMDR community to present. Those days are gone now, and we are being encouraged to develop regional talent despite having a potential worldwide audience. This creates a tension that means we cannot go back to how we were before. Yet the way forward is not as clear as we would like either. We have a reservoir of experience in this region so we would like to encourage people to join EMDR UK, meaning that we would love people who may be experienced practitioners in their own specialisms but have not yet experienced the power of EMDR to join us. Those of us that use it know just how powerful and effective it can be, but we are, of course, subject to opinions of people who have never experienced it. I was one of those people who found myself inwardly criticising it and caught myself doing so. I decided that, if I was going to have an opinion about it, I needed to get trained and make my own mind up. I am very glad I did so as, on a bigger scale, I consider it to be a window into human personality and development that leads to testable propositions and demonstrable change. The psychological equivalent to an fMRI scan and radiotherapy combined. We may not yet fully understand how it works, but there is great vigour in the EMDR wider community and there are new developments in our understanding every week. Reading about them is valuable, but being able to discuss them with other practitioners puts them to the test and sparks our own research as practitioners. Every client brings something new.

There is also no real substitute for in-person social contact, so the sooner we can get back to in-person meetings in Birmingham, or elsewhere in the West Midlands region, the better. We are very happy to support the development of satellite groups in any locality, and also to foster relationships with other groups and services so that we are not dependent on big events in central Birmingham. Having said that, I do feel there is a place for larger events and intend to kick this off by presenting my own work on Medically Unexplained Symptoms. I am a Chronic Pain specialist, and there is much that I have found recently that I would be keen to share.

I would like to encourage you all to be involved. I am more than happy to take criticism (I am sure it is unlikely to be as bad as my own inner critic) as, without healthy criticism, we cannot make the changes requisite for growth. After all, I come from a much older generation and many of my beliefs and practices, while they work for me, may not be appropriate for the times to come, and I do find real change hard if not painful.

My drop ins, listed below, are free to attend. Please get a ticket via Eventbrite. The link to do this is on our website. Then just roll up. I look forward to meeting old friends and making new ones. See you there.

**David Pike**

Clinical and Health Psychologist  
Chair, West Midlands EMDR Regional Support Group

## Our Committee

You can check out our committee on the website. We are a mixture of 'old guard' and 'not so old guard' and we would welcome new spirit as we have some vacancies.

I am happy to talk individually to anyone who would like to discuss what might be involved ([chair.emdrwestmids@gmail.com](mailto: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](mailto:mail@emdrwestmids.org.uk)).

There is no charge for these meetings and tickets are only available through Eventbrite <https://www.eventbrite.co.uk/e/view-from-the-garden-1-how-does-emdr-work-tickets-854057688537> maximum 25 tickets available.

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

It may be repeated on the 4<sup>th</sup> Friday if there is a demand – email: [chair.emdrwestmids@gmail.com](mailto:chair.emdrwestmids@gmail.com)

- March 8<sup>th</sup> (second Friday)
  - *How does EMDR work?*
- April 12<sup>th</sup> (second Friday)
  - *NC/PC – the heart of therapy with adults*
- May 3<sup>rd</sup> (first Friday)
  - *Collaboration with other services in the West Midlands*
- June 14<sup>th</sup> (second Friday)
  - *The future of EMDR Regional Support groups*
- July 12<sup>th</sup> (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 David Pike, Clinical and Health Psychologist (Chronic Pain specialist). Exact date (May/June), venue (Central Birmingham) and charge to be announced. Expressions of interest in attending welcomed, please email us ([mail@emdrwestmids.org.uk](mailto:mail@emdrwestmids.org.uk)).

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## Next Steps

Our next newsletter will include an update from the RSG and SIG meeting held prior to the Annual Conference as well as stuff from the conference as well.

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

01/03/2024