



## **EMDRNZ Conference Timetable**

### **Friday 20<sup>th</sup> November**

9am – 3:30pm Post Basic Training Part 1 Refresher day with Astrid Katzur

9am – 3:30pm Post Basic Training Part 2 Refresher day with Dr Tom Flewett

### **Saturday 21<sup>st</sup> November**

9am – 4pm Conference day

9:00 Introductions and official opening

9:10 EMDR with Tinnitus - Tal Moore

10:00 EMDR with children - Helen Rathore

11:00 Coffee break

11:15 EMDR 2.0 - Tom Flewett

12:00 Lunch break

12:15 AGM

2:00 EMDR online - Astrid Katzur and Kay McKenzie

2:30 AIP and the celebrant role - Glenda Wallace

3:00 Coffee break

3:15 EMDR with Art therapy - Sarah Nightingale

4:00 Close

### **Sunday 22<sup>nd</sup> November**

9am – 4pm LIVE WEBINAR & PRACTICE SESSION: 'The Flash Technique'  
with Philip Manfield, PhD and Lewis Engel



## EMDR with Tinnitus - Dr Tal Moore

This presentation describes a feasibility trial for the use of EMDR with Tinnitus which took place in the UK over the course of 3 years. Tal was involved in the trial from its inception, working alongside Tinnitus specialists to develop the study protocol and review the work periodically. She conceptualised the bespoke EMDR for tinnitus treatment protocol - tEMDR, and provided the therapy to all 16 study participants. This talk will cover the rationale for the use of EMDR in tinnitus, the tEMDR protocol, and the findings from the trial. There will be Q&A time available at the end to elaborate on any of the content.



Dr Tal Moore

Tal is a Clinical Psychologist and EMDR consultant and supervisor. She trained in the UK and it was there that she came together with ENT surgeons curious to find out whether EMDR can be an effective intervention for their patients with Tinnitus. Tal currently works as Professional Lead for Psychology in Taranaki DHB. Her areas of interest include complex trauma, family/systemic applications of trauma work, perinatal mental health, as well as

leadership and the application of psychological and traumatological knowledge to teams, systems and organisations.

## EMDR with Children - Dr Helen Rathore

This presentation focuses on working with children using EMDR. The session uses 2 case studies (one published in the EMDR Practice & Research journal), of working with a 5 year old child with pre-verbal trauma in care, and an 8 year old child with pre-verbal trauma, fainting, and blood and needle phobia. Q&A time at the end can focus on the clinical material as well as on how to prepare a case for publication.



Dr Helen Rathore

Helen is a Clinical Psychologist, an accredited EMDR Practitioner, a Clinical Neuropsychotherapist, a Brainspotting therapist, and a Yoga and Meditation therapist. Helen initially trained in Humanistic Counselling in 1993 and since then had various roles including in the UK National Health Service (NHS) mental health clinical psychology settings from 1998-2014, NZ DHB 2016-2018, and private practice from 2004. She began practicing Mindfulness in 1998, and

teaching it to clients since 2001. She has a special interest in understanding and working with clients with complex trauma and dissociation presentations across the life span with particular interest in attachment, attunement, resourcing, resilience, somatic and neurophysical work, the neuroscience of therapy, and child & adolescent work.



## EMDR 2.0 - Dr Tom Flewett

EMDR Therapy continues to evolve at a rapid pace. One of the more interesting developments in the last 2 years has been the work by Professor Ad de Jongh and colleagues in Holland exploring the use of intensive EMDR therapy in a hospital setting for patients with complex presentations. The Dutch group have also used what has been termed EMDR 2 to maximise the taxation of working memory and reducing the incidence of dissociative reactions as a result.

This presentation is a case report of a complex patient who was treated with EMDR 2 using twice daily sessions over a 2 week period. She had previously been treated over a 16 year period in private hospital settings on 3 occasions, multiple admissions to DHB facilities and a variety of psychotherapies over these years. This intensive intervention was supported by ACC and the local DHB who provided respite facilities for the period of treatment. The presentation will include findings from the setting up period, the treatment period and outcome measurements.

This case is of interest from the perspective of the support given by ACC, the systemic support from the DHB and Crisis respite facilities and from the perspective of the complexity of the client and the outcomes.



Dr Tom Flewett

Tom Flewett is a generalist psychiatrist and EMDR Institute trainer practicing in New Zealand specialising in the treatment of Trauma, Addictions and Dissociative Disorders. He has worked in community mental health services, inpatient units and as an independent assessor for the New Zealand Medical Council and the Ministry of Health. His interest in psychological treatments for mental illness has been a consistent theme throughout his 38-year career and has seen him train in a variety of psychotherapeutic modalities. Having seen

the results of EMDR therapy after his own training, he immediately set out to advance his experience as much as possible and qualified as an EMDR Institute trainer in 2016. Tom uses EMDR therapy with patients presenting with a variety of conditions from addictions to trauma to dissociative psychosis.



## EMDR Online - Astrid Katzur and Dr Kay McKenzie

Given the COVID19 circumstances, we are all becoming familiar with working remotely. Astrid and Kay will discuss using EMDR remotely, including client criteria, guidelines, and software options.



Astrid Katzur

Astrid is an EMDR Trainer and consultant, working in private practice in Wellington.



Dr Kay McKenzie

Kay is an Accredited EMDR practitioner working in private practice in Invercargill.

## AIP and the Celebrant Role - Dr Glenda Wallace

As part of their role celebrants elicit information from the couple to be able to build a ceremony which reflects them and their love. Many people struggle to access the words to express themselves. This presentation describes how the AIP model can be used to weave through the couple's story to enhance positive memories and build a sense of a new future.



Dr Glenda Wallace

Glenda is a UK trained Clinical Psychologist/Neuropsychologist working in Dunedin, South Island of New Zealand having moved to New Zealand in 2004. Glenda has interests and expertise using EMDR Therapy in sexual trauma, brain injury, pain, loss and grief with health issues especially chronic and enduring conditions.

Glenda works with actors on performance, intention and understanding past traumas and how these are triggered, both in character and their own life, and developing adaptive coping strategies as part of her teaching commitment on the theatre studies course at University of Otago.

Glenda also teaches medical students at University of Otago utilising the AIP model.

Glenda works with sporting professionals across a range of sports using EMDR Therapy on building confidence, performance enhancement and personal triggers.



## EMDR and Art Therapy - Sarah Nightingale

For this presentation, Sarah will be approaching EMDR from an Art Therapist's perspective. The approaches described may provide some ideas to fellow EMDR practitioners who have clients who can benefit from creating visual representations. EMDR and Art Therapy are well aligned, both using bilateral stimulation to aid accessing and processing of trauma memories. They can integrate very helpfully to enhance the possibilities for approaching work with complex, avoidant or dissociative clients.



### Sarah Nightingale

Sarah is a registered Art Therapist and Sandplay Practitioner with a background in Educational Psychology and teaching. She has worked predominantly with children and youth, in private practice, across schools, in a Youth Health Service, and for a Learning Disability CAMHS Team in the UK. In her current role with a Wellstop child and youth team in Wellington, she sees individuals and their families to address issues of attachment, trauma and self-regulation. She is involved with the running of an ongoing art therapy group for children with trauma backgrounds, to help them to manage their interactions more positively.