



Ongoing Efforts in Nepal

EMDR PART 2 TRAINING in Kathmandu, Nepal – October 28th to 31st 2017

Trauma Recovery/HAP is continuing to reach across borders and continents to train health professionals in EMDR therapy. This October, a training team returned to Nepal, to build upon long-term recovery efforts after the 2015 earthquake and follow up on last year's successful Part-1 training. This year's 4-day program offered Part-2 training and a schedule for the consultations required for certification.

The program's success is due to the intricate coordination between EMDR Asia and Trauma Recovery/HAP, in collaboration with Trauma Aid France, Action Contre La Faim (ACF), Nepal and Trance Cultural Psychological Organization (TPO).

The Basic EMDR Therapy Part 2 Training was offered again in Kathmandu, Nepal. Last year's participants who completed the Part-1 training, along with 5 hours of consultation, were eligible for this phase of the training. There were 27 participants, including psychologists and psychiatrists who are clinically active in various organizations, hospitals and government mental health institutions.

On October 27th, prior to the 4-day training, a one-day supervision and consultation program was conducted. From October 28th to 31st, the training covered the content through a variety of effective learning modes, including lectures, video demonstrations and supervised practice in small groups. Dr. Parul Tank and Dr. Dushyant Bhadlikar were

the trainers. Mr. Chintan Naik, Dr. Usha Verma Srivastava, and Ms. Adithy facilitated the workshop.

The training team was patient and flexible in finding ways to explain some of the concepts. Participants received examples and demonstrations to learn about complex trauma, comprehensive versus symptom reduction treatment plans, resource development and enhancement, handling strong emotional responses, cognitive interweave, etc. As part of the training, trainers provided the participants with an opportunity to read about and study books and other literature on EMDR. They encouraged their trainees to study and review the scientific literature available.

The first step in case consultation came on the fourth day of the workshop. The participants took turns presenting their hypothetical treatment plans. Together, the group studied and learned from cases that are more complex.

In order to complete the training requirements, the requisite follow-up consultation and will be carried out over the internet through Skype meetings. This will enable every participant to complete the five hours of consultation. Once completed, certificates will be distributed recognizing that the participants are now an EMDR trained practitioner who is clinically trained to handle simple and complex trauma cases.

Following the 4-day program, facilitators and trainers elicited both verbal and written feedback from the participants and sponsors. The respondents expressed the need to conduct more EMDR training in other areas of Nepal. In addition, the participants enthusiastically introduced the idea of forming an EMDR Association of Nepal. They intend to explore the possibilities.

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