



Message from the President EMDR UK

7 May 2020

Dear Colleagues

As we wait impatiently for news that the current restrictions on our day-to-day movements will be eased to some degree at least and provide us with opportunities to have closer contact with family and friends we realise how many things we took for granted.

"There is nothing as surreal as reality"
(Dali)

Meantime, some news in brief:

- **EMDR Consultants providing Pro Bono Supervision**

Our thanks to the Consultants who have agreed to provide supervision to NHS EMDR therapists supporting frontline workers. We are compiling a list of those providing this service and this will be placed on the Association website. This should be published next week and to access the list and other useful therapist resources to the top COVID 19 Section and click 'Therapist Resources or follow this link: <https://emdrassociation.org.uk/become-an-accredited-therapist/covid-19-information-for-therapists/>

Please note:

Those listed have indicated that they are willing to offer pro bono supervision and are willing to be contacted to discuss this with NHS therapists who want to take them up on that offer. Any arrangement entered into will be between the Consultant providing the supervision and the NHS Therapist seeking the supervision. The Association will not be directly involved in providing this service.

Please be aware that the information on the list may change and be updated from time to time.

- **Podcast**

Dr Russell Hurn and Laura Beech have recorded the first of what we hope will be a series of podcasts on a variety of topics including: introducing members of the Board to the membership; podcasts recording the contribution(s) of members to the development of EMDR. If you have an idea or suggestion for a podcast we would like to hear from you.

The first podcast featuring the President of EMDR UK is also on the hyperlink above, under 'LATEST EMDR ASSOCIATION UK NEWS'

- **EMDR Europe**

EMDR Europe are compiling a list of all the COVID 19 related projects, interventions and initiatives EMDR therapists have undertaken. We would like to hear about our work and to contribute to that list. Please contact me at: m.o'connor@emdrassociation.org.uk with the Subject title: EMDR Europe COVID 19

Keep well. Stay safe.

Mike O'Connor (CPsychol. AFBPsS)
President EMDR UK