

“Who knows where the time goes?”

Dear Colleagues

It has been some time since my last message. In some ways much has happened over these summer months yet many of the usual events, activities, sporting and cultural festivals that punctuate our lives each year have not taken place giving us a different and perhaps distorted sense of time. Whether you associate the words of the song with Sandi Denny, Judy Collins or Eva Cassidy the message is still the same and reminds us that autumn is here.

Across the purple sky, all the birds are leaving  
But how can they know it's time for them to go?  
Before the winter fire, I will still be dreaming  
I have no thought of time  
For who knows where the time goes?

In our current situation there is a bittersweet message for while the birds might be seeking warmer climes we cannot!

**Keep well. Stay safe.**

Meantime, some news in brief:

### **Scientific & Research Committee (S&RC)**

Increasing the evidence base of EMDR is a key priority for the EMDR Association going forward. Information about our new research strategy will be published in the next edition of EMDR Therapy Quarterly. This will outline the priorities that the Committee have identified for research over the next three years.

### **EMDR Research UK & All-Ireland Group**

One element of the research strategy is to encourage ‘grass roots’ research activities by members. Already, thanks to the work initiated by Jo Coombes, Mark Brayne, Justin Havens and others it is clear that some of our members are actively involved in research projects and others are keen to become involved. For more information on the research activities underway and details on how to join the group see web links:

- Join the EMDR Research Google Group
- Access to view main Google spreadsheet
- Submit personal research data
- Register specific research

### **Service Evaluation (online EMDR)**

For members who are not actively involved in research activities I would like to remind you of a research project that you can all get involved in, which is a service evaluation of online EMDR. The deadline for data collection has been extended to the end of the year, and you can read more about it and sign-up using this link: <https://forms.gle/HUrrzR1EVg2Yge3g7>

### **EMDR Europe funding**

EMDR Europe provides funding each year for members of EMDR National Associations to present papers on EMDR at national and international conferences and seminars. This does not include conferences and seminars organised by EMDR National and International Associations. The rationale behind this initiative is to encourage members to promote EMDR to a wider audience. For example, you might consider presenting a paper on EMDR at a conference organised by the European Society for Traumatic Stress Studies (ESTSS) or the BABCP annual conference. For more information contact: [m.o'connor@emdrassociation.org.uk](mailto:m.o'connor@emdrassociation.org.uk)

### **Webinar**

Friday 16 October 16.00 – 18.00. Presented by David Pike “Chronic Pain and how the EMDR Standard Protocol can help”

Zoom Link for the day is:

Topic: David Pike- Chronic Pain-Free EMDR UK Webinar Time: Oct 16, 2020  
04:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/88366379489?pwd=L0JPcjduR2Jyc1krQllyckhkM3B4dz09>

Meeting ID: 883 6637 9489 Passcode: 252978

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