



Message from the President EMDR UK

November 2020

Dear Colleagues

We are surely living in troubling, tumultuous and unpredictable times where those who are our leaders often show scant regard for truth, compassion, kindness and respect for others. Sadly, not a new observation.

“The finest qualities of our nature, like the bloom on fruits, can be preserved only by the most delicate handling. Yet we do not treat ourselves nor one another thus tenderly”

Henry D. Thoreau

But we can also lead – by example

Keep well. Stay safe.

Meantime, some news in brief:

- **Reminder: a date for your diary. Annual Conference 19 March 2021**
Sadly, we will not be holding our Annual Conference in Glasgow next year. Instead, due to the uncertainty about Government policy concerning large gatherings and the associated health and safety issues, the Conference and AGM will be held entirely online. Unfortunately, due to the complications and administrative time in supporting delegates accessing the recording of this year’s conference we are unable to offer this feature this time, so the event will only be available live. The booking line will be open in early January.
- **Digital Relaunch of EMDR Therapy Quarterly**
I am pleased to announce that a fully digital version of ETQ will be distributed in January and will enable you to read and share articles on EMDR in a new and exciting way on your mobile, tablet or PC. Please submit potential articles and ideas for articles to Omar Sattaur via editor@emdrassociation.org.uk
- **CPD news**
The Accreditation Committee have now agreed that, when applying for CPD credits for events that will be repeated at separate dates, credits will be awarded for all the events without the need for further submission for each event, subject to the usual condition that evaluations of each event are submitted.
- **Call for Child & Adolescent Webinars**
Interested in presenting a webinar on EMDR with children and adolescents?
In the first instance contact Alexandra Dent: info@alexandradent.co.uk
- **Call for Research Participants: Naomi Fisher**
Using Eye Movement Desensitisation and Reprocessing (EMDR) with People on the Autistic Spectrum: The EPAS Study. Email debbie.spain@kcl.ac.uk for more information

What is the research about?



We are recruiting to a three round Delphi survey to find out how therapists use EMDR with autistic people, in order to develop a consensus about what best practice might look like in the field.

Who can take part?

We are inviting therapists working in any setting, service or country, who provide EMDR to autistic people occasionally, sometimes or regularly. You do not need to be an expert on autism or EMDR to complete this survey.

What will I be asked to do?

In the first online survey you will be asked to provide brief anonymous information about your professional background and work context. You will then be asked to note down any barriers you think autistic people might experience when accessing EMDR, outline how you have adapted your EMDR practice to address these barriers, if at all, and suggest other adaptations you think might be important when using EMDR with autistic people. This may take < 25 minutes. The second and third online survey will focus on generating consensus and take less time.

Who is funding the studies?

This is funded by the study team based at King's College London.

Who is running the study?

The study is being run by Dr Debbie Spain, Professor Francesca Happé and Marguerite Leoni (at King's College London), and Dr Naomi Fisher and Caroline Van Diest (EMDR practitioners, working in Independent Practice).

Ethical approvals have been obtained.

Take part online: https://kclbs.eu.qualtrics.com/jfe/form/SV_bPBb2KD8jc917JH

Paste the link into your browser to access the survey.

[Mike O'Connor \(CPsychol. AFBPsS\)](#)
President EMDR UK