

**EMDR ASSOCIATION
UNITED KINGDOM AND IRELAND
ANNUAL REVIEW 2019/2020**

March 2020

President's Address

Dear Membership of the EMDR Association United Kingdom and Ireland.

The EMDR Association United Kingdom and Ireland has approximately 4000 members and this annual review provides an overview of the work of the EMDR Association this last year 2019/2020.

Firstly, I would like to personally thank all members of the Board, the Executive, Trustees, Chairs and their respective Committees including the members who assist with the Association's National Institute for Health and Care Excellence (NICE) monitoring groups, for their excellent service for the Association this year. They conduct their work on a voluntary basis and receive no payment. Their updates and reports on respective portfolios are contained in this annual review for more detail.

I would also like to thank Graeme Hughes (Brabners Solicitors) who is the Association's Company Secretary and who has guided wisely on policies, complaints and matters of governance: Also Dawn Damni (Senior Administrator); Rhoda Damni (Administrator); Katy Bell (Public and Media Relations) and Omar Sattaur (Journal Editor).

The Annual Conference in Birmingham, March 2019 was an outstanding success in many ways including the number of attendees. The financial surplus generated has enabled the Association to invest in a new website, technology and video projects, including for the Child and Adolescent (C & A) Committee, support research further and provide charitable donations in line with promoting the Objects of the Association.

Sadly, June 2019, saw the passing of the founder of Eye Movement Desensitisation and Reprocessing (EMDR), Francine Shapiro, PhD, 1948-2019. Francine is much missed, and a memorial service was held on the 25th January 2020 in her honour. Dr Derek Farrell in a personal reflection, notes that Francine was an international humanitarian of the highest order and that her ultimate passion was in addressing the global burden of psychological trauma. Francine was a huge supporter and contributor to the Global Initiative for Stress and Trauma Treatment (GIST-T) organisation. Rolf Carriere (former advisor to the United Nations (UN) is Executive Director of GIST-T.

Talking of Founders, congratulations were offered to Board member and Chair of Standards and Training, Richard Mitchell, who received the David Servan-Schreiber award (for the

second time) in June 2019, this time along with other 'Founders' of EMDR Europe in 1999. Richard was the first President of EMDR Europe (1995).

June 2019 continued to be a busy month with the launch of the Association's new Journal, EMDR Therapy Quarterly (ETQ). With thanks to Omar Sattaur (Journal Editor) and the Journal Committee, the Association has produced a newsletter for its members since 2009 when the membership was approximately 200. Today, our membership is approximately 4000 and needs have changed. It is intended that the publication addresses these changing needs and the Board very much hope you enjoy the new Journal. Contributions to EMDR Therapy Quarterly from members are much welcome.

The Regional and Special Interest Groups continue to thrive under the guidance of their National Regional and Special Interest Groups Co-ordinator (RSIGC), Paul Keenan and local Regional Chairs. Thank you for all your work and the time that you give on a voluntary basis supporting this.

This year, detailed discussions took place involving the Board of the EMDR Association UK and Ireland, the Committee of the Republic of Ireland Regional Group and the Committee of the Northern Ireland Regional Group. With the wonderful growth of membership there (in the Republic of Ireland it is approximately 124 and Northern Ireland, 103) the respective Committees proposed the establishment of an independent EMDR Association for Ireland. This process is also supported by the Board of EMDR Europe. A ballot was conducted independently by the Electoral Reform Society (ERS) with the result a resounding 'Yes'. This month of March 2020 will see the beginnings of transition. Thank you to Gus Murray (Chair of the Republic of Ireland Regional Group) and Derek McLaughlin (Chair of the Northern Ireland Regional Group), Dr Derek Farrell and all members of those Committees for their work on this. EMDR All Ireland are due to host the EMDR Europe Conference in Dublin, planned for the summer of 2021, circumstances permitting.

The EMDR Association will therefore require a new Logo 'EMDR UK' and work on the trademark for this is currently in process, with the added benefits for the Association and membership of an enhanced classification system. We will update further on this in due course.

The Association was further delighted to let you know that in July 2019, following due diligence, a Reciprocal agreement between the EMDR Australia Association (EMDRAA), which includes New Zealand and EMDR Europe, was accepted by the EMDR Association UK and Ireland. This intends that EMDR Accredited Consultants and Practitioners who have immigrated to work in Australia, New Zealand, Europe and the UK and Ireland, would have their accredited status recognised and be able to practice (subject to professional and legal licensing registrations).

The annual Consultant's Workshop continues to take place and this year's event was well attended this Autumn. Members of the Accreditation Committee facilitated an interactive and activity-based day.

The Association has arranged a portfolio for Wales on the Trustee Board (overseen by Dean Whybrow) with a view to support and development for the EMDR Community in Wales. This Community has grown considerably and current Association membership for the region is approximately 176.

I was fortunate to attend the Council of Scholars event in California last summer. The event is international and looks at the future of EMDR Therapy (FOET) Project and its aspirational goals. The work of the Project is presently ongoing.

This Spring 2020, the Association had looked forward to welcoming you to this year's annual conference, in Cardiff and an inspirational and exciting programme, with national and international presentations. However, due to unprecedented circumstances and national and international concerns regarding the impact of the Coronavirus, the conference in Cardiff has been postponed. This also includes the postponement of the Association's Annual General Meeting (AGM) of 28th March 2020. The Virus has had an impact for the membership, those due to present, as well as for the Board of Trustees. This decision by the Board of Trustees was not taken lightly but with due care and concern for the health and wellbeing of all and was made following legal advice, having serious consideration to all options available. We thank you for your understanding. Thank you also to Marian Tobin (Conference Chair) Derek Farrell (Research Committee) and the Conference Committee for their enormous work with this.

Looking forward. The EMDR Association hopes to hold an Annual Conference for 2021, in Glasgow, Scotland (again circumstances permitting) and our current membership in Scotland is approximately 160.

With sadness, the Association will this year say 'Adieu' to some members of the Board. Professor Matt Kiernan (Chair of Research), Dean Whybrow (Portfolio Wales) and Judy Mellor (Secretary). We thank them all for their time and excellent service for the Association and wish them well in their new endeavours.

The EMDR Association recognises the value of positive diversity, promoting equality and fairness and challenging discrimination. In line with its Equality and Diversity Policy, I am very pleased to announce the Association will have new members joining some of the Committees. I came to the Board in the Office of Secretary in 2009 and my term this year is due to complete as President of the EMDR Association. It has been a privilege.

Warm congratulations are offered to Mike O'Connor (incoming President) and Matthew Wesson who is nominated as President Elect.

May I take this opportunity to say that on behalf of the EMDR Association United Kingdom and Ireland Board of Trustees and myself, we would like to thank you all very much for your membership of the Association and continuous support.

With warmest wishes,

Lorraine.

Lorraine Knibbs. MSc.
President.
EMDR Association
United Kingdom and Ireland.

Conference Committee Report (Marian Tobin Chair)

The EMDR Association UK & Ireland annual conference & AGM continues to be an important event in the calendar of the national association. You may be interested to know that the conference committee works approximately two years in advance and plans events on the basis of an estimate of the steady increase in delegates attending preceding events. The committee is therefore delighted by your response to the **2020** conference, which is full to capacity, and also pleased that those of you placed on the waiting list just after the close of the early-bird rate have all been offered one or both days at the conference and AGM; as usual we will note this increase in demand in our planning of future events.

The conference is being held for the first time in **Wales**, in its capital **Cardiff**, where it is hoped you will find time, over and above the conference, to explore the ancient and contemporary highlights of the city.

As always it is our aim to deliver a conference of the highest professional standard in order to enrich your EMDR knowledge and skills and keep you abreast of EMDR research and development. Accordingly we have a full programme featuring a combination of international presenters; including **Dr Arne Hofmann**, **Prof Ad de Jongh**, **Dr Suzy Matthijssen** and **Rolf Carriere**, who will provide the keynotes and main workshops; we are also pleased to welcome national presenters for the **Child & Adolescent** specialist stream and the **Practice-Based Evidence Symposiums**, we are confident that these highly respected clinicians will prove informative and inspiring in their respective presentations.

The EMDR Association UK & Ireland Board is committed to expanding outreach to our membership and we do this in part by holding the annual conference & AGM in a different city each year. We also note and act upon your conference feedback, requests and recommendations; in addition we aim to support special need requirements to maximize members' ability to attend and fully participate at events. You may be interested to note at this conference here in Cardiff we have booked a Hearing Induction System following delegate feedback and we also have British Sign Language interpreters present to meet a delegate need. Please continue to inform of any special need requirements.

Conference delegates continue to comment on the welcoming and warm atmosphere at EMDR events and express appreciation for the opportunity to network and be part of the EMDR community. We invite you to meet trustees and members of the Board who will be available during the refreshment breaks at the UK & Ireland Association stand where you will be provided with general information about the Board, sub-committees, regional groups etc. We also welcome your comments or queries regarding the national association.

Please note that in 2021 **EMDR UK** will hold a one-day workshop and AGM in Glasgow and in 2021 **EMDR Ireland** will have their inaugural event hosting the **EMDR Europe Conference**

in Dublin.

The city of choice and main presenters for **EMDR UK 2022** national conference & AGM will be decided at the board meeting held on the Sunday following the close of the conference. We remain interested in hearing your ideas and comments for future events, therefore, please take the opportunity when submitting your conference feedback to include any particular speakers/workshops/ presentations/topics that you would like the EMDR Association UK & Ireland Conference Committee to consider.

Marian Tobin, Chair of Conference Committee

EMDR Europe 2019-2020 (Mike O'Connor and Maeve Crowley)

This year, in Krakow, EMDR Europe celebrated the 20th anniversary of its founding and acknowledged the contribution of the small group of individuals who laid the foundations of what is the largest trauma-focused organization in the world with a combined membership of over 25,000 members. Over the past year five new EMDR National Associations joined EMDR Europe: Malta, Iceland, Lithuania, Georgia and Azerbaijan. Understandably the work of the various Committees that make up EMDR Europe has increased in volume and complexity. As you might expect EMDR Europe has a formal structure to facilitate this work including a number of Committees and a Board made up of representatives from EMDR National Associations.

EMDR UK & Ireland representation in Europe

EMDR UK and Ireland has been instrumental in developing EMDR Europe as an effective organisation to advance the theory and practice of EMDR not just in Europe but world-wide. Currently, we are represented by:

- Richard Mitchell: Chair of the Standards Committee and EMDR Europe Board Member
- Derek Farrell: Chair of the Practice Committee and EMDR Europe Board Member
- Alexandra Dent, Child & Adolescent Section
- Maeve Crowley and Mike O'Connor: Members of the Practice Committee and EMDR Europe Board
- Lorraine Knibbs, President, Trauma Aid Europe
- Gus Murray, Observer, EMDR Europe Board

The Committees meet face-to-face every six months with additional meetings via Skype, etc., as needed. In addition to those already listed there are other Committees with specific roles:

- Executive Committee
- Research Committee
- Nominations Committee
- Conference Committee
- Organisation Development & Constitution Committee (OD&C)

The work of the Committees

Some examples of key work streams over the past year include:

- **Reviewing the Constitution of EMDR Europe and developing a new Conflict Resolution Process**

This work is almost complete and the final documents will be presented to the Europe Board for ratification in June.

- **Reviewing the EMDR Europe Code of Ethics.** A task Force has been formed to review this document and includes Maeve Crowley from our Association

- **Organising the EMDR Europe Annual Conference.** The 20th Anniversary EMDR Europe Conference in Krakow was attended by: 908 delegates and of these 95 were from the UK & Ireland. 58 countries were represented. The 21st EMDR Europe Conference will be held in Berlin 4-7 June 2020 and in 2021 the EMDR Europe Conference will be held in Dublin.

- **Promoting research, deciding research streams and allocating research funding**

The most recent report from the Research Committee outlined how the 75000 euro budget for 2019 had been allocated. Of the 8 applications received 4 were funded:

- a Dutch study on dementia
- an Italian study on multiple sclerosis
- a Spanish study on dual disorders
- a Swiss study on acute coronary syndrome

- **Monitoring and reviewing the Governance of and Standards in EMDR practice**

One of the key tasks of the **EMDR Europe Practice Committee** (EEPC) is the regular review of the Competency Framework Documents (CFD) for Practitioners and Consultants. Over the past year a slightly revised version of the Practitioner Competency Framework has been approved by the Board which has introduced some flexibility in the number of clients required to meet the criteria for accreditation. The algorithm version of the Practitioner Competency Framework has been approved by the Europe Board and will be available in January 2020. A review of the use of the algorithm version will be carried out over an eighteen-month period with a view to reporting on the outcome at the Europe Conference in Dublin in 2021.

The Consultant Competency Framework Document is up for review as of January 2020. All Consultants across Europe will be invited to participate in the survey. As an incentive to participate successful completion of the survey will result in an award of 5 CPD credits

- **Monitoring and Reviewing EMDR Training standards**

This year the **Standards Committee** has addressed the issue of EMDRIA Trainers seeking to provide EMDR training in Europe. The Board has now agreed that EMDRIA trainers must undergo the EMDR Europe Accreditation process before they can provide EMDR training in any EMDR Europe member country. They will also be required to join the National Association of the country they wish to offer training in.

Good progress has been made in integrating the Trainer training process for the Standard EMDR Training and the C & A Trainer training. The training process for C & A Trainers will be made transparent, as will the criteria for applying to train as a C & A Trainer.

- **C & A Committee**

Key issues under consideration include over the past year have been:

- National Associations to identify ways to increase the number of accredited C & A Practitioners in Europe
- Integrating procedures for the Training of Trainers regardless of whether the the 'Trainers-in-training' work with children or adults
- Improving research opportunities between countries
- Disseminating the Competency Framework Document (with C & A Addendum) to member countries
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- **Trauma Aid Europe (TAE)**

Congratulations were offered this year to the recipient of the Trauma Aid Europe Humanitarian Award 2019, Dr Isabel Fernandez. Isabel received the award for her distinguished and outstanding service and humanitarian work in the field.

TAE provides an opportunity for participants of various humanitarian projects to attend the EMDR Europe annual conferences for the purpose of networking, developing collaborative partnerships and the dissemination of research, EMDR practice and development.

Over twenty participants from the following countries around the globe were supported by TAE to attend the EMDR Europe annual conference in Krakow, Poland, 2019:

Armenia; Bangladesh; Bosnia- Hercegovina; Cambodia; Indonesia; Greece; Jordan, Lebanon;

Madagascar; Sousse; Thailand; Tunisia; Zimbabwe.

Trauma Aid Projects are supported currently in Africa, Europe and the Middle East and Far East.

These are just some of the activities of EMDR Europe. If you have any queries or questions please contact your national representatives, Mike and Maeve via Dawn Damni, Administrator at: info@emdrassociation.org.uk

And finally...

Although the UK is in the process of leaving the EU the Association remains firmly connected to EMDR Europe!

Mike O'Connor & Maeve Crowley

National Regional Coordinator's (NRC) Report, (Paul Keenan)

Hi all,

I have served as National Regional Co-ordinator (NRC) for EMDR UK and Ireland for the past five years. I have one more year to serve and then I will be standing down as NRC. The regions, I'm happy to report, continue to prosper and are essential in providing support for their members; as well as promoting / providing EMDR therapy workshops, seminars and supervision days. These are evaluated very highly by attendees.

Over the years many new Regional and Special Interest Groups have formed and continue to prosper; the recently formed South Central group has now established its base and is in a position to provide CPD events and the latest SIG has been formed looking at Refugees, Asylum Seekers and Migrants.

It would not be an annual report from me if I did not say something about research (or lack of it). I would really encourage you to promote, sponsor and engage in EMDR therapy research at every opportunity. It is the only way we can establish EMDR as the default therapy for trauma and other related conditions ... I know I say the same thing every year, but this is the world we live in.

As NRC I would like to thank EMDR Board members for their help in establishing the regional groups. A special mention to Dr. Derek Farrell for all his help over the years. It should not be forgotten that in the early days the regional groups needed a lot of support and visits and presentations by senior Board members such as Derek made a big difference (in one or two cases his work persuaded some regional groups to become affiliated to EMDR UK and Ireland).

Finally I would just like to reiterate that I see it as a boon to serve the regions and I hope I can continue to serve diligently and honourably for what will be my last year in office.

Good Luck

Yours, Paul Keenan

EMDR UK and Ireland Accreditation Committee

The Accreditation Committee has continued to meet bi-monthly throughout the year to consider:

- All applications for accreditation and reaccreditation
- Applications for CPD credits
- And to review the criteria and procedures involved and answer the many queries we receive.

As the membership of the Association has increased so has the workload of the committee and I am so grateful for the amount of time and hard work which the members of the committee (Maeve Crowley, Kath Norgate, Marian Tobin, Jane Ware) continue to give. We

are pleased with the growing numbers of those seeking accreditation and putting on workshop CPD events, but as a result of the ever-increasing workload have this year looked to increase the size of the committee.

We are delighted to welcome on to the committee Robin Logie, Pam Viridi and John Henry, all of whom will join us during 2020. We would like to take this opportunity to thank all of you who also applied to join, offering your time and support. It is gratifying that so many of you are ready to support the Association; the majority of applicants spoke of a wish to “give something back to the Association.”

Mike O’Connor, soon to become President of the Association, joined us during the year to familiarise himself with the whole accreditation process prior to taking up the Presidency. Gus Murray, Chair of the Republic of Ireland Regional Group, also joined us at several meetings, prior to establishing an accreditation committee in Ireland.

As always the Accreditation Committee undertakes its work on behalf of the Board and makes recommendations on accreditation matters to the full EMDR UK and Ireland Board for ratification.

Applications for accreditation

We continue to be aware that completing electronically the documentation required for accreditation and reaccreditation can prove tricky for some. The Association will shortly be adopting a membership management system which will, in the coming months, have the capacity to manage the accreditation applications. Until then we have again revised the existing documentation to try to make it easier to ensure that the correct information is included on the documents required.

As before the vast majority of applications fully meet the criteria and are approved but it is worth reminding members to check the criteria and make sure all documents needed are included before they submit their application.

Mitigation

Marian Tobin continues to lead on mitigation, considering on a case-by-case basis those members of the Association who because of mitigating circumstances have not been able to fulfil requirements for reaccreditation in the usual time frame. The number seeking mitigation is small with the majority of these approved. During the past year 17 applications for mitigation have been received and all but 1 approved.

Continuous Professional Development

Jane Ware continues to manage the ever-increasing number of Continuous Professional Development.

From Jan 2019 – Dec 2019 the committee received 105 applications for consideration and awarded 628 credits.

Minimum CPD requirements for those seeking reaccreditation are set by EMDR Europe but may be added to by national Associations. During 2019 the EMDR UK and Ireland Association made the decision to increase, from 50 to 75, the number of credits needed for reaccreditation. From January 2020 those applying for reaccreditation will need 50 EMDR specific credits out of the total 75 needed. This increase was made recognising that the previous requirements were significantly lower than those of other professional registration bodies. Details of requirements can be found on the Association website.

Accreditation and Reaccreditation applications.

During the year from 1st December 2018 to 30th November 2019 the Accreditation committee recommended for ratification by the Board: 110 Practitioners, 26 Consultants, 4 Child and Adolescent Practitioners, 3 Child and Adolescent Consultants, 41 reaccredited Practitioners and 17 reaccredited Consultants. All were ratified.

During that same period a further 58 applications were unable to be recommended for approval on initial consideration. Some had failed to include training certificates or proof of professional registration. Some had not gained enough CPD credits required for reaccreditation.

But by far the most common reason for non-approval is where the applicant has listed clients which have not been supervised by the Consultant completing the competency framework document.

Applicants must include in their application written confirmation from the EMDR Europe accredited Consultant who provided supervision for any earlier clients not supervised by the current supervisor.

While the vast majority of the 58 were eventually approved it does create a lot of additional work both for the committee and for the administration team, chasing these up.

Revised Consultancy Framework Document

As you may be aware the Consultants Framework document was again revised last year by EMDR Europe. The revised Consultant Framework document is available on the website.

The algorithm Consultancy Framework Document, and guidelines for its completion, will also be available shortly.

The Practitioner Competency Framework document is due to be reviewed by Europe later in the year.

Administration

As before the Accreditation Committee depends hugely on the work of Dawn Damni, our administrator. The very efficient and effective data management she provides aids the largely very smooth running of the whole process. Dawn is supported in this work by Rhoda Damni and more recently by Rachel Dent.

Ali Russell

Chair, On behalf of the Accreditation Committee.

NICE planning Group (Mike O'Connor)

When the Board agreed to the formation of NICE Monitoring Groups in 2018 it was a recognition that as an Association we needed to engage more effectively with NICE and ultimately to make EMDR therapy more “visible” to Commissioners and service providers, professionals and, of course, the wider public. Suffice to say that this is a work in progress. The Association supports several NICE Monitoring Groups including – Psychosis, CPTSD, BPD, Children, Eating Disorders, Pain / Chronic Pain. Individual members have expressed interest in forming additional groups on Autism and Depression and would welcome interest from other members to help these groups get underway.

The purpose of each Monitoring Group is to gather, review and collate the evidence base for the efficacy of EMDR Therapy in specific topic areas in a way that will enable the Association to respond to relevant Consultation / Review documents published by NICE. Experience over the last year has shown that this can be quite a daunting task for members in terms of the time commitment needed to review published papers. With this in mind the Board has agreed to make additional resources available to support the work of the Monitoring Groups. This will take the form of identifying and funding Research Assistants to carry out Systematic Reviews to support the work of the Monitoring Groups. Priority of funding for Research Assistants will be based upon NICE Review timelines. Membership of Monitoring Groups is open to any Member who by virtue of her or his knowledge, skills and experience can contribute to the work of the Group. Please contact Mike O'Connor (m.o'connor@emdrassociation.org.uk) for further information.

IT and Website (Matt Wesson, Coordinator)

Website

A year following its launch the website is continuing to be positively received. Additional information, such as new media items are being regularly added (with the help of Katy, our PR lead), along with other functions such as an alphabetical list of therapists in the "find a Therapist" feature. There will continue to be amendments to the website throughout the year. In the longer term there will hopefully be capacity to add renewal of membership, accreditation submission and other features through portals run from the website. However, this will take some time to come into place so please bear with us on this.

Video

Over the next year or two we are going to be commissioning two cartoon videos to help with client and public education about EMDR Therapy for adults, adolescents and children. Russell Hurn and I are working together on this project after Russ's brilliant work on the child EMDR psychoeducation video.

<https://www.youtube.com/watch?v=PrH6xy3snTk>

IT Strategies

We continue to develop our IT strategies to make our core EMDR Association communications and documentation more secure, efficient and data protection compliant. We have achieved this through utilizing Windows Office 365 software including dedicated emails, secure cloud storage, online meeting capacity, document collaboration apps, etc. This is a gradual process that is likely to take several years to fully migrate all our IT processes but it has definitely positively moved forward this year.

Many thanks for everybody's help with everything IT this year.

Matt Wesson, Website and IT Coordinator

Press and PR Report, *Katy Bell, Freelance PR, on behalf of the EMDR Association*

EMDR Association Website

The first third of the year was focused on working on the EMDR Association's new website, which I instigated, project-managed with Matt Wesson, and edited.

Proactive PR

Francine Shapiro Obituaries

Mostly the focus was on reactive PR, due to time allocation and availability. However, when Francine Shapiro died in June, it was felt to be very important to gain national recognition for her achievements during the press window available to place an obituary.

It was challenging to get all the necessary information together quickly to submit a written pitch to national papers' obituary pages, in part because very little information had been given out, and there was no existing comprehensive biography of Francine. It wasn't possible to get hold of most therapists as a conference was taking place that weekend, but other members put in a lot of work to help provide the information needed.

Obituaries were secured in **The Guardian** and **The Times**. A further obituary appeared in **The New York Times**.

There was objection to a line in the Times obituary, and a well-researched complaint was put forward to the paper. However, it did not secure a change to the copy. There was a general feeling by many on reflection that the piece was nevertheless beneficial in raising awareness of EMDR and Francine's achievements.

Angle for Woman's Hour

I began work on a possible story for Woman's Hour in 2020 focusing on the extraordinary achievement of Francine Shapiro in establishing a therapy which has helped millions worldwide. The specific angle, to be demonstrated through a case study, is to show how the therapy is particularly beneficial for women who have suffered sexual abuse, since it does not require the victim to give a detailed verbal account of the event.

Reactive PR

This is work arising in response to press enquiries and has included:

Radio 1 – the station had plans to make a programme about alternative therapies.

Requested to record part of a therapy session with a young man undergoing the therapy. Feelers were put out to try and find a suitable case study. However, eventually the whole programme idea was put on hold.

David Modell Productions – a programme producer making high quality current affairs documentaries for major UK broadcasters got in touch regarding making a programme about EMDR. He had heard that EMDR was said to be increasingly used and asked for statistics regarding its increased use in the UK and worldwide. We were able to put together statistics for the increase in EMDR membership over a number of years. David is currently working on another documentary but will work on the EMDR programme when this project is completed.

Vice Studios – an award winning international TV and feature film production company making a programme about the **Invictus Games**, wanted to interview a woman in the RAF services taking part in the Games, about EMDR and how it helped her overcome PTSD. They wanted to film part of her therapy session and I was contacted by her therapist who fully approved of this, as her client was very stable as willing to do so. (Please note that case studies are required to be conducted under supervision as appropriate.) Clearance was given by the President and I provided media training advice and information on EMDR. However, the MoD press office decided at the last minute not to permit the filming to take place. EMDR should still be mentioned as part of the programme since the client was insistent that she talked about it as part of her interview.

BBC Radio Scotland – Mike O’Connor was interviewed about EMDR in connection with an item about a woman who suffered from post-natal PTSD.

Guild of Health Writers - a journalist organising a members’ only event for health journalists was preparing a draft resource for them, and she included the EMDR Association’s website (which she was impressed with) and PR contact details for journalists looking for case studies.

BBC Online – a producer got in touch regarding making a programme about EMDR. She is looking at various case study possibilities, which have been put forward.

Woman and Home magazine – I was contacted by a freelance journalist writing a piece about various alternative therapies. She wanted to interview a woman who had benefited from EMDR. I put her in touch with someone who suffered from PTSD following her daughter’s murder. An interview was set up at very short notice and the piece is due to appear in the February 2020 issue. The journalist is interested in case studies for other publications she writes for.

Huffington Post – a journalist emailed whilst I was on leave, asking to speak to a therapist urgently that morning. She didn’t follow up on the out-of-office contacts provided but found a therapist herself who was not part of the Association. The resulting piece was very positive about EMDR and how it had helped a celebrity. I followed up the journalist on my return to establish a future contact.

Selected press coverage featuring EMDR has been summarised and linked on the EMDR Association’s website. It includes **Radio 4 You and Yours**; features in **The Guardian**, and various celebrity endorsements, together with an EMDR storyline on the TV series **Gray’s Anatomy**.

General PR Support

Various other PR work included updating the EMDR Q&A, and a short definition of the therapy for press and those undertaking a media interview; PR advice on issues which have arisen; recommending and looking into the updating of the EMDR Wikipedia entry and how that could be achieved.

Katy Bell, Freelance PR, on behalf of the EMDR Association

Child & Adolescent EMDR Committee (Dr Alexandra Dent, Chair)

The Child & Adolescent Committee met on five occasions over the last year, its aim is to continue to promote the interests of members who use EMDR with children and adolescents. This section of the membership continues to represent an increasing percentage within the Association and it is exciting to see both Child & Adolescent Practitioners and Child & Adolescent Consultants being well represented at this year's National Conference.

In addition to their contribution to the Child & Adolescent Committee, several of our members take an active role in the work of the Association as members of the Board of EMDR UK & Ireland and EMDR Europe. The Section is formally represented on the Board of EMDR UK & Ireland by a member of the C & A Committee and is represented on the EMDR Europe C & A Committee by the Chair of the C & A Committee. Our Treasurer, Kath Norgate, is also the Treasurer of the Association, and one of the Ordinary members, Alison Russell, is the Chair of the Accreditation Committee. Michael O'Connor, former Chair, represents the Association as a member of the EMDR Europe Board and as a member of the EMDR Europe Practice Committee. We are very proud that Mike is also the new President of the EMDR UK Association from March 2020.

The working of the Committee relies on Committee members taking responsibility for a particular portfolio: Governance, Continuing Professional Development, Child Training, Accreditation, Research, Communication/Website and EMDR Europe; all of which make a busy and diverse agenda at our Committee meetings throughout the year.

Governance

At the last AGM held in London in 2019 the following members of the Association were elected to the Committee for a two-year period unopposed:

Chair	Alexandra Dent
Vice Chair	Michael O'Connor
Secretary	Pam Brown
Treasurer	Kath Norgate
Ordinary members	Alison Russell, Susan Darker-Smith, Art O'Malley, Des McEnaney, Colleen Swindon and Russell Hurn
Co-opted members	Steve Pratt
Special advisor	Ian Barron

CPD

One important aspect of the Child & Adolescent Committee's work is to promote cost effective professional development in relation to working with children and young people. At the UK & Ireland EMDR Conference in 2019, Professor Alastair Black presented on 'When the bad men are still out there – using EMDR with C & A at Risk'. Alice Hucker also presented on 'EMDR within a Forensic C & A service: Frightened Children, frightened communities – trauma informed forensic approaches.'

In September 2019, members of the C & A committee, along with Robin Logie, organised a workshop 'EMDR with Children and Adolescents: Using Stories for Trauma and Attachment Resolution'. Forty-one delegates attended the workshop, which was well received.

The C & A committee are also very pleased to announce that a one day EMDR C & A Event is planned for September 2020 where there will be a variety of different clinical and research presentations.

Accreditation and Europe

We now have 24 accredited Child & Adolescent EMDR Consultants in the UK & Ireland and 21 accredited Child & Adolescent EMDR Practitioners. As a committee we are very keen to keep encouraging more EMDR therapists to continue with their accreditation and increase these numbers substantially to ensure the continuing process and work of C & A EMDR. The current Consultant EMDR training now has a Child component in the future for anyone wishing to pursue their C & A Consultant accreditation. The UK & Ireland C & A committee are continuing to assist European colleagues who are trying to establish clear and transparent accreditation pathways in their respective countries as well as promote research and training ideas. A new revised Child Trainers Training course is being established in Europe in 2020 and it is hoped that the UK will have some potential candidates who can work towards becoming future Child Trainers.

Research

Ian Barron has continued to oversee the research database in the Child & Adolescent population in order to increase evidence for the effectiveness of EMDR. A paper written by Ian Barron, Caitlin Bourgaize, Daniela Lampert, Colleen Swindon and Susan Darker-Smith, entitled 'Eye Movement Desensitisation and Reprocessing for Children and Adolescents with Post Traumatic Stress Disorder: A Systematic Narrative Review' was published in the Journal of EMDR Practice and Research (Vol 13, 4, 2019). The C & A EMDR Committee would be delighted to hear from any other members who are participating in research studies. In the last year, we have sent out a number of requests through the membership for any therapists involved in C & A EMDR research to make contact with our research representative, Art O'Malley so that we can keep up to date and support any research ideas and projects. In addition, Ian Barron is happy for anyone to contact him if they would like to discuss research ideas.

Communication

We are pleased to have Russell Hurn as an ordinary member of the C & A committee. He has produced a wonderful short YouTube video on 'Trauma and EMDR'. This has also been translated into various languages for our EMDR Europe colleagues. Russell continues to design some additional child and adult friendly EMDR videos that will be available on the website in the future.

I would like to express my deepest thanks to all the members of the Child & Adolescent Committee who have shown such dedication, enthusiasm and passion for promoting EMDR within the Child & A Adolescent population. The achievements of the Committee over the past year are a reflection of their commitment and hard work. We would also be delighted to hear from anyone who would like to contribute, join or support the Committee in the forthcoming year.

EMDR Consultants Training Report

Two 4-day Consultant's Trainings were conducted in 2019. 21 participants attended the Consultant's Training taking place in London on 6-9 March 2019 and a further 20 participants attended the consultant's training in Newcastle on 02-06 October 2019. Maeve Crowley, Consultant and Trainer-in-Training, assisted Sandi Richman, Trainer, in delivering the training. Trainees are evaluated on conducting supervision sessions with individuals and providing supervision in groups. Trainees also deliver presentations on a variety of aspects of psycho-traumatology. All trainees receive an extensive and full evaluation of their competencies, pointing out areas that they still need to work on. This evaluation is submitted to the consultant in training's accrediting consultant with a view to covering the outstanding areas needing attention within their supervision sessions. Once they have complied with and met the required standards, each trainee is issued with a Certificate of Competency for the consultant's training.

A further two 4-day trainings are planned for 2020, one in London and another in Manchester.

Sandi Richman, Co-ordinator and Trainer of Consultant's Training

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