

Institute for Integrative Psychotherapy and Counselling, Ljubljana  
invites you to training

## **EMDR (LEVEL 1)**

**Dr. ROGER SOLOMON**  
**(USA)**

**18.12. – 20.12.2015**

**Institute IPSA, Ljubljana, Slovenia**

### **WHAT IS EMDR?**

EMDR (Eye Movement Desensitization and Reprocessing), is a therapeutic method used when working with emotional problems that result of traumatic experiences, such as traumatic events in childhood, stressful events in adulthood, natural accidents, aggressive assaults, wars ... EMDR is also used when working with people with various mental disorders such as anxiety disorders (eg. phobia, panic disorder), personality disorders, addictions and many others. With this method it is also possible to achieve better business results and improve sports skills and artistic skills. EMDR is a complex psychotherapeutic method, which is combining elements of different psychotherapeutic approaches, such as psychoanalytic therapy, cognitive-behavioral therapy, gestalt therapy, client-centered therapy and others.

EMDR is a method that allows the activation of a self-healing mechanism, so that it stimulates the existing system for adaptive processing of brain information. The extraordinary effectiveness of this method is the result of a direct effect on the brains neurophysiological mechanisms.

### **WHY EMDR?**

Numerous clinical and neurobiological researches in recent years have confirmed and proved the validity and effectiveness of this psychotherapeutic approach. APA (American Psychiatric Association) and NICE (National Institute of Clinical Excellence) recommend EMDR as an effective method for treatment of the post-traumatic stress disorder.

EMDR is a method that can be integrated into the work within different psychotherapeutic orientations. In the world there are already more than 80,000 EMDR therapists (data from y. 2005) of all known psychotherapeutic orientations. There are a great number of EMDR psychotherapists associations (14 in Europe) in the world, which are congressional active at the national, European and global level.

More information about EMDR: <http://www.emdr.com>

**Workshop will be held in English.** It will include theory and practicum.

### **Who is the training in EMDR (level 1) intended for?**

Training EMDR (level 1) is intended for psychotherapists, clinical psychologists and psychiatrists.

**ABOUT DR. ROGER SOLOMON:**

Dr. Roger Solomon is a psychologist and psychotherapist specializing in the areas of trauma and grief. He is on the Senior Faculty of the EMDR (Eye Movement Desensitization and Reprocessing) Institute and provides basic and advanced EMDR training internationally. He currently consults with the US Senate, NASA, and several law enforcement agencies. As a police psychologist with the South Carolina Department of Public Safety, he is Clinical Director of the Post Critical Incident Seminar (PCIS), a three day post trauma rehabilitation program that draws on both psychological first aid and EMDR therapy. Working with the South Carolina Army National Guard, he is Clinical Director of the Post Deployment Seminar, a three day program for war veterans.

Dr. Solomon has provided clinical services and training to the FBI, Secret Service, U.S. State Department, Diplomatic Security, Bureau of Alcohol, Tobacco, and Firearms, U.S. Department of Justice (U.S. Attorneys), and numerous state and local law enforcement organizations. Internationally, he consults with the Polizia di Stato in Italy. Moreover, Dr Solomon has planned critical incident programs, provided training for peer support teams and has provided direct services following such tragedies as Hurricane Katrina, September 11 terrorist attacks, the loss of the Shuttle Columbia, and the Oklahoma City Bombing.

**WHERE AND WHEN?**

Training will begin on Friday, 18.12. at 9:00 am and end on Sunday, 20.12.2015 in the late afternoon. It will take place in Ljubljana, Slovenia at the Institute IPSA, Stegne 7 (4th floor).

**REGISTRATION AND WORKSHOP PRICES:**

- Full training fee: 586€
- Early bird fee (until November, 20, 2015): 525€

**Payments should be made by bank transfer:**

<b>Beneficiary</b>	<b>Bank details:</b>
Account number (IBAN): SI56 0203 2025 4270 905 Name: Institut IPSA Address: Zgornje Gameljne 55a City: 1211 Ljubljana-Smartno Country: Slovenia	Swift/BIC: LJBAS12X Name: Nova Ljubljanska banka d.d. Address: Trg republike 2 City: 1520 Ljubljana Country: Slovenia

**For registration, please send e-mail** to our registrar Melita Košak:

[admin@institut-ipsa.si](mailto:admin@institut-ipsa.si). Please include the following data: *Name, professional title, contact address, e-mail, phone number.*

For more info call 00386 1511 10 29 or 00386 41 232 654.