



Introduction to Eye Movement Therapies

Eye movement therapies have been in existence for about 20 years. Eye Movement Desensitisation and Reprocessing (“EMDR”) is the best known but this course will also look at Eye Movement Integration Therapy (“EMI”) and Eye Movement Techniques (“EMT”). The ICH offered training in eye movement therapies for the first time in 2007 and it proved to be extremely popular. Those of you who have looked for training in EMDR will have found that it is closely protected by a self-appointed organisation which will only allow training to be given to people with formal mental health qualifications.

There have been a large number of clinical studies which demonstrate the effectiveness of EMDR and, while it was first developed for use with PTSD and severe anxiety, it is now being used more widely. As a therapy, it fits well with hypnotherapy, not least because it addresses similar issues and is also a relatively rapid form of therapy. All hypnotherapists should be familiar with eye movement therapies as, undoubtedly, they will be referred to more in the press and clients may ask about them.

The course will be led by **Patrick Browning**, an ICH graduate, who has been using eye movement therapies with a number of his clients and who has found them to be a very useful addition to his armoury (see over for further information).

Dates and Venue

8th/9th May 2010
Central London venue to be confirmed

Cost

£200, split between a £50 registration deposit and £150 on 8th May 2010.

Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and advance payments refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (Eye Movement Therapies – 08/09.05.10)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:		Title:	
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Post code:		(Tel Day)		(Tel Mob)	

Payment method – please tick and complete either Section 1 or Section 2 below:

- 1 I enclose a cheque, payable to ICH, for £.....; **or**
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1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.
 2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.

How does it work?

We do not know exactly how eye movement therapies work but, because EMDR was developed by a clinical psychologist, there have been a large number of clinical studies reported in learned journals. Its efficacy for treating post-traumatic stress disorder and anxiety is therefore well documented and it is accepted by mental health professionals who have looked at it or used it. The principle on which all the eye movement therapies work is that we have a left brain and a right brain joined by the corpus callosum. Sometimes, our mental processing of an event or feeling is not completed in the usual way; by encouraging movement between the left and right brains while the mind focuses on the troublesome event (or an aspect of it) we can trigger the processing which was previously left incomplete.

Eye Movement Desensitisation and Reprocessing (EMDR) is the most widely known eye movement therapy and it was discovered by Francine Shapiro in 1989. It has had extensive testing, starting with Vietnam veterans and others who have suffered from post-traumatic stress disorder. However, you do not have to have had "big T" trauma (such as might arise in combat, serious assault or accident) to benefit from EMDR and it is also applicable to "small t" traumas. A number of studies have shown a success rate in excess of 75% when using EMDR for treating post-traumatic stress disorder. Typically, the treatment requires three sessions of 1½ hours. It is unfortunate that its use as a therapy has been tightly controlled by the mental health profession on the grounds that the therapy is so effective (and therefore so powerful) that it would be dangerous to allow it to be used by people without medical or psychiatric qualifications. However, since EMDR can be used to treat clients who might well come to hypnotherapists for help and since we have the skills to cope with abreactions and to calm our clients if they are emotionally troubled, the ICH takes the view that it is helpful for hypnotherapists to be familiar with EMDR.

As developed by Francine Shapiro, EMDR can seem to be rather elaborate and protocol documented; we shall work with a simplified version which will be sufficient for the majority of our clients.

Eye Movement Integration therapy (EMI) is much less widely known. It has been developed by Danie Beaulieu, a psychologist practising in Quebec, who has written the only book on the subject. EMI is based on work done by Connirae and Steve Andreas, well known for their books and training in NLP. Some of you may have read "Change Your Mind and Keep the Change". While similar to EMDR, EMI pays more attention to where the eyes are looking, ie using the NLP work done on eye accessing cues.

Eye Movement Technique (EMT) is the simplest of the three approaches, and has been developed by Fred Friedberg, a psychologist practising in New York. Dr Friedberg debunks the idea that EMDR is dangerous in the wrong (unqualified) hands. EMT, which often uses tapping on the backs of hands, rather than eye movements, can be used for a wide range of stress and anxiety related problems, including phobias. It can also be taught to clients to use on their own.

If time allows, we shall also look at **WHEE (Wholistic Hybrid derived from EMDR and EFT)**, developed by David Benor MD.