

EMDR & PTSD

ved Dr.Med. Michael Hase

Kurset afholdes: mandag d. **27.1.2020** + tirsdag d. **28.1.2020**

Tid: **dag 1: 10-17. Dag 2: 9-16.** Indtjekning dag 1 kl. 9.00. Dag 2 indtjekning kl. 8.30.
Frokost 1 time begge dage.

Sted: Hotel Radisson Blu Scandinavia, Margrethepladsen 1, 8000 Aarhus. Der er gratis parkering ved henvendelse i receptionen.

Pris for medlemmer af foreningen EMDR Danmark: 3250,- kr.

Pris for ikke-medlemmer: 3875,-

Priserne er inkl. undervisningsmateriale, kaffe, frugt, frokost og vand. OBS begrænset deltagerantal!

Tilmelding:

Du tilmelder dig til sekretariatet på info@emdr.dk Du vil herefter modtage en bekræftelse samt faktura. Tilmeldingen betragtes først som endelig ved betaling. Betaling til Danske Bank Reg.nr:1551 kontonr.:7501501

Ved EAN betaling bedes alle relevante oplysninger sendes til info@emdr.dk.

Afbud: Senest d. 01.01.2020. Efter denne dato tilbagebetales fuldt kursushonorar ikke. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

Om Michael Hase:

Michael Hase er en stor kapacitet indenfor EMDR feltet og både arbejder og forsker intensivt i EMDR, og har i flere sammenhænge undervist i Danmark med stort udbytte til følge for deltagerne. Michael er en god formidler og taler et let forståeligt engelsk. Michael modtog i 2015 sammen med Arne Hofmann Tyskland EMDRIAs forskerpris.

Indhold på kurset:

Denne gang bliver kurset afholdt mere som en workshop dvs med masser af mulighed for at træne og øve behandling af EMDR til klienter ramt af kompleks PTSD ud fra teorien. God tid til fordybelse, træning og forankring.

Kursusarrangører:

Louise Skriver Jønsson, Foreningen EMDR Danmark

Stress is one of the main causes loss of productivity, impaired functioning and severe health problems in the somatic and psychosomatic domain. The development of posttraumatic stress disorder seem to originate from traumatic episodes, disabling the individual to complete a cycle of action. Treatment options have increased the chance of recovery, but still we see a chronic development of the illness in some patients.

Chronic posttraumatic stressdisorder leads to long enduring suffering with consequences not only for the patient but also for relatives and environment. The increasing amount of memories in the networks is a challenge to the therapist. EMDR seems to be the core in a comprehensive treatment plan targetting memories. The targetting sequence plan and treatment planning in general are of great importance with these challenging clients.

Complex PTSD is not a diagnosis yet, but a reality in clinical praxis. Complex PTSD describes a complex clinical picture consisting of the core symptoms of PTSD plus impairment in affectregulation, alterations in the concept of self and impairment in interpersonal relationships. This disorder is mostly based on massive trauma beginning in childhood and reaching to the present. The variety of symptoms, the presence of attachment problems, the prevalence of dissociation and hyperarousal and the vast memory networks challenge the therapist in treatment planning and memory processing.

This workshop addresses Eye Movement Desensitization and Reprocessing – EMDR in the treatment of chronic PTSD and complex PTSD. Michael Hase MD will explain treatment planning, targeting sequence, selection of procedures and tools deal with the challenges. Current research and a case examples will be discussed. Video demonstration will outline teaching points and will enable the participant to integrate this approach into clinical practice.