

STRESS

“The feeling you get in your body when you suppress the desire to strangle some bastard who really deserves it.” (Office graffiti – 1980)

EMDR therapy: a comprehensive introduction for medical practitioners.

Date: 14 September 2018

Venue: RACGP House, Melbourne

*Are you interested in a ‘trauma-informed’ approach to mental illness?
Have you ever wondered about the relative value of various interventions?
Do you have a clear understanding of what the research ‘evidence’ shows?
Are you concerned about the level of prescribing of psychotropic drugs?*

If your answer is ‘**YES**’ to any of the above questions, then this may be the workshop for you. Limited to a maximum of 25 people, this 6-hour event is accredited as a Category 1 ALM for FPS and Mental Health CPD for GPs in the 2017-2019 triennium (40 points). Registration is through the Australian Society for Psychological Medicine (Anne Malecki – 1300 888 606). The cost is \$330 (incl GST) for RACGP, RANZCP and ASPM members, or \$275 for members who also attend the ASPM Master-class on 15 September 2018.

Eye Movement Desensitisation and Reprocessing therapy (EMDR therapy) is an effective treatment for post-traumatic stress disorder (PTSD), empirically validated internationally in over 30 randomised controlled studies.

International Guidelines recommending EMDR therapy for PTSD

2000	International Society for Traumatic Stress Studies (ISTSS)
2002	Israeli National Council for Mental Health
2003	Northern Ireland Department of Health
2004	American Psychiatric / Psychological Associations (APA)
2005	UK National Institute of Clinical Excellence (NICE)
2007	Australian National Health and Medical Research Council (NH&MRC)
2010	US Departments of Veteran Affairs & Defense
2011	Australian Psychological Society (APS)
2013	Australian Centre for Posttraumatic Mental Health (Phoenix Australia)
2013	World Health Organisation (WHO)
2014	German Federal Joint Committee (G-BA)

More than just a ‘treatment technique’ (EMDR treatment), **EMDR therapy** is an ‘approach’ to therapy that is now being applied to a range of mental health problems. Come and hear how EMDR therapy is challenging neuroscientists, as well as psychotherapists, to review Freud’s emphasis on the importance of memory and of ‘*unconscious processes*’ (*psychological and physiological*).

Dr Darra J Murphy (the presenter) is an RACGP Fellow (1983), a Master of Family Medicine (Monash, 1996) and an EMDR Institute Faculty Instructor (2015). He completed EMDR Institute Basic Training in 2000 and trained as a Trainer under Dr Francine Shapiro (2012-15). Dr Shapiro, the originator and developer of EMDR therapy, is Founder and Director of the EMDR Institute.

Register via this link: <https://www.trybooking.com/XLHS> (30c booking fee applies)