

Now open to bookings:

EMDR & Art Therapy combined

May 8, 15, 29, (Mondays) 11.30-2.30pm GMT (UK)

with Lee Anna Simmons, Vickie Le Sache and Kathy Ross

+ 90 minute consultation (EMDR Europe accredited consultant)

Totals 10 hours CPD, online training (zoom)

This course is open to all qualified Mental Health Professionals.

You will learn techniques from EMDR and Art Therapy and to combine the two modalities.

This includes materials immediately useable in clinical work, consultation sessions, experiential exercises combining EMDR & Art Therapy, an introduction to the flash / blink technique using art making, resourcing materials and stabilisation methods for clients and information on working with trauma (vicarious trauma included).

Measuring scales and monitoring forms that can be woven throughout clinical work, video examples of EMDR and case studies will be shared and explored.

Sound recordings of sessions will be available, so if you miss a session so you can still join the next meeting. The course is for a small whilst international network, places are limited for a close cohort.

Convened by Lee Anna Simmons with Vickie Le Sache and Kathy Ross.

Lee Anna Simmons has been combining EMDR with Art Psychotherapy since 2014. This was initially with people who hoard via the London Borough of Sutton Community Social Work team and then for children and adults through charities, schools, NGO's and her company Social Art Therapy Ltd. Lee delivered trainings in vicarious trauma for Doctors of The World and their allied organisations (2015-2017) and initiated the first trainings combining EMDR & Art Therapy for EMDR UK (regional groups 2018), the British Association of Art Therapists and the British Association of Dramatherapists (fully booked 2019-2022). Lee continues to run the world's first EMDR & Art Psychotherapy supervision group, which she set up as part of the Institute of Group Analysis diploma in supervision (2018-2019). Lee is an EMDR consultant and Child and Adolescent practitioner (EMDR Europe accredited) and HCPC registered Art Psychotherapist (Goldsmiths MA) with an active art practice.

Vickie Le Sache has been working as an Art Psychotherapist for 16 years mostly in adult forensic secure units and prisons in London. She has been incorporating EMDR into her programmes with the adult inpatient clients since 2019 alongside the art psychotherapy department, which she manages and is a practitioner within. Vickie currently works full time in the NHS using both art psychotherapy and EMDR. She attended the first training in EMDR and Art Psychotherapy at The British Association of Art Therapists and has been a member of the EMDR and Arts Psychotherapy supervision group from the beginning. She is a member of EMDR Association UK and is HCPC registered.

Kathy Ross is an Integrative Art Psychotherapist and EMDR therapist, working in private practice in Berkshire, with 12 years experience as a Psychotherapist. Through varied roles, both as a therapist and working in the charity sector, she has experience and interest in the impact of early traumas and relational traumas; single incident traumas (like a car accident); depression; anxiety; loss of meaning in life; living with Mental Health concerns and living with a long term medical condition or rare disorder. She is a member of the UKCP and EMDR Association UK.

"I find that the use of EMDR and the arts together allows for a further integration of mind, body and emotion that can allow for healing and moving through difficult experiences in a way that feels supported and contained. The arts allow another way for exploration and regulation that can be particularly helpful when words are hard to find and can allow for reconnection with one's own creativity and sense of self"

This is not a training in becoming an EMDR or Art Therapist. 'Art Therapist' is a protected title requiring a Masters and EMDR training should be via the EMDR Association governing body from your home country. The course can prepare you for, or signpost you to these trainings and supplement them; building confidence in using EMDR and finding your way with integrating the arts to clinical practice.

Please email info@socialarttherapy.com to express interest and enquire about this programme and your suitability. Certificates / CPD points follow by email. The fee is £347 for the whole course

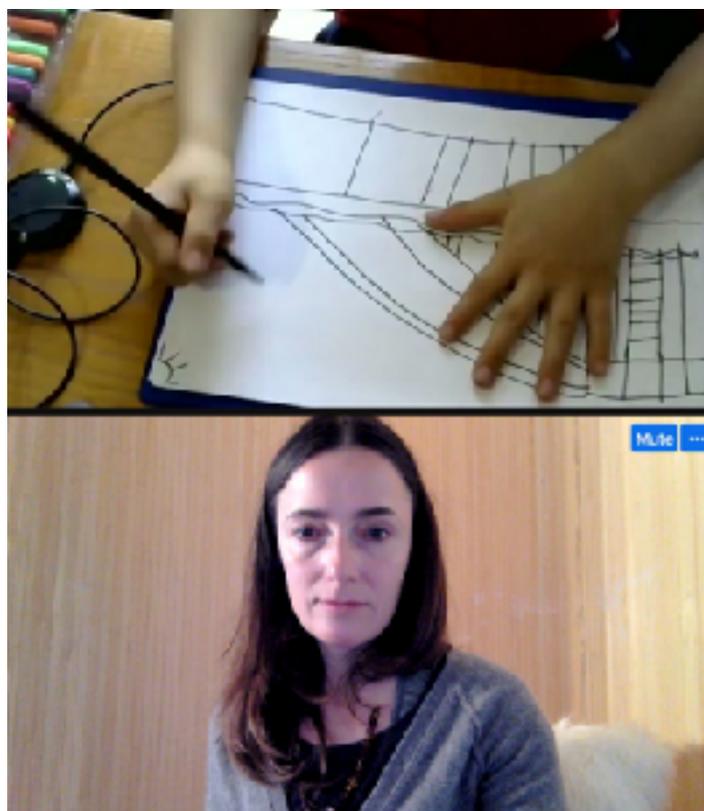


Image of EMDR & Art Therapy online via zoom 2021