

Group EMDR Therapy; Different Protocols Different Populations

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Background	Group EMDR
<ul style="list-style-type: none"> Individual EMDR may not represent the most cost- and time-effective approach as the demand for mental health services is rapidly increasing, outstripping the resources Group EMDR protocols are one way to increase the capacity to provide more time-effective care. 	<ul style="list-style-type: none"> Group EMDR applications were developed for early interventions following disasters. Recently, the application of group EMDR is expanding to on-going trauma and other applications.
How are Group EMDR interventions different?	A critical step: Determine where you are in EMDR capacity
<ul style="list-style-type: none"> Fragmented nature of memory Contact for care is limited Need for extra stabilization Usually brief or one-off intervention 	<ul style="list-style-type: none"> Newly trained, certified, consultant Have learned both an individual and group EEI oriented program and use them regularly
Group EMDR Protocols	
<div>4 Elements</div> <div>G-REP</div> <div>ASSYST</div> <div>Group Flash</div> <div>Group ISP</div>	<div>IGTP</div> <div>GP/C</div> <div>G-TEP</div> <div>C-GTEP</div> <div>G-PEP</div>
Non EMDR Therapists	EMDR Therapist trained by EMDR Professional Association
Practicalities	Conclusions
<ul style="list-style-type: none"> Start with smaller groups of 3-4 Groups can run from 30 minutes to 2.5 hours Limit open sharing to avoid contamination of stress 	<p>EMDR is a well researched approach to treat traumatic stress and other wellbeing related outcomes all around the world. Group EMDR is an extension of this capacity. There are many benefits of Group EMDR with a wide range of placement in the conceptualization of care.</p>

