Early psychological response and EMDR
during coronavirus times

April 25th 2020
9:30 – 18:00

Isabel Fernandez – EMDR Europe Association President – EMDR Italy Chairman

Giada Maslovaric – Psychotraumatology Research Center (CRSP) – EMDR Europe Approved Consultant

Dear all,

In the last weeks as EMDR Italy we have been organizing practical seminars for our membership on how to deal with the different populations exposed to COVID 19 emergency (children, medical personnel, elderly, COVID 19 patients, communities, etc.). In this emergency institutions, schools, the National health Service, City halls have been seeking EMDR interventions. So, structured interventions were developed as days and weeks passed. All these resources have been put together in a seminar. After doing this seminar in streaming in Italian and Spanish, we are organizing an edition in English, so we can share it with other colleagues. The seminar on Early intervention with EMDR in the Coronavirus emergency will be organized on April 25th, from 9:30 to 18:00 and will be open to everybody and free. We have seen that this seminar is very effective in motivating members of EMDR associations, giving a good sense of community and also giving a lot of tools to work in the field in this special period. It will promote the importance of the role of National associations. We are aware that many EMDR Associations are active now with different initiatives. Some others will be developing actions in the future probably. This seminar will be also an opportunity to share experiences among EMDR clinicians in the middle of this Pandemic. We are enclosing the programme.

You can attend by clicking here [http://EMDR.STRAVIDEO.NET](http://EMDR.STRAVIDEO.NET).

Please, share this with your membership. We would be happy if all of them can attend.

The Seminar will stay on this website until Monday 27th, in case you miss part of it.

All materials will be able to be downloaded

Take care, Isabel Fernandez

Program of the seminar:

EMDR psychotherapy as trauma treatment has proven to be easily implemented in different maxi-emergency scenarios right from the peri-traumatic phase.

COVID-19 pandemic is a new challenge not only for medical personnel, but also for mental health professionals. In our recent history, there have been no similar experiences in terms of duration and extent of the phenomenon. Some studies have started to describe the psychological effects of quarantine now and to speculate about the mid and long-term consequences, the reactions of families that have COVID-positive members, the characteristics of coronavirus grief, the psychological reactions of healthcare workers and law enforcements that work directly in the front line dealing with the pandemic.
We are dealing with many challenges as EMDR clinicians: how to manage online therapy sessions during the quarantine, what specific protocols to use, how to help adults and children deal with COVID-19 grief, how to support healthcare staff and how to protect ourselves and others from vicarious traumatization. These are the main points that will be presented during the seminar, in particular:

- Emergency and mass disasters: psychological aspects
- COVID-19 pandemic: psychological reactions and possible psychopathologic evolutions
- Coronavirus psychoeducation for specific categories: caregivers, senior citizens, couples in quarantine, healthcare staff
- Stabilization, Breathing and Grounding
- Telephone support during COVID times
- EMDR: protocols to be used in each phase of individual and mass trauma treatment
- EMDR for healthcare professionals
- Multi-level intervention of the crisis unit at Lecco Local Health Authority (ASST)
- EMDR Individual and Group Resource Installation
- Helping children to process grief and losses by COVID 19
- Post Traumatic Growth