



## EMDR EUROPE CHILD & ADOLESCENT COMMITTEE MEETING

Wednesday 27th of October 2021

Online Zoom Meeting

15.30 - 17.30

### MINUTES

#### 1. Presence

##### Present

Carlijn de Roos	:	The Netherlands (Chair)
Rose Welleck	:	Austria
Ivana Trlin	:	Bosnia Herzegovina
Zuzana Cepelikova	:	Czech Republic
Sari Junkhila	:	Finland
Marie-France Gizard	:	France
Daniela Lempertz	:	Germany
Alexia Tsilimpokou	:	Greece
Boglár Balogh	:	Hungary
A Savita Dalsbo	:	Norway
Anca Sabau	:	Romania
Polina Galtsova	:	Russia
Janka Ashford	:	Slovakia
Maja Zeziola Berg	:	Sweden
Sonja Hofer	:	Switzerland
Russell Hurn	:	United Kingdom
Anne Vermeire	:	Belgium (Secretary)

##### Absent

Laurent Lesaint	:	Luxembourg
Anna Rita Verardo	:	Italy
Mevludin Hasanovic	:	Bosnia Herzegovina
Besarda Taci	:	Albania
Oksana Nakonechna	:	Ukraine
Gyða Eyjólfsdóttir	:	Iceland

**Apologies**

Estie Bar-Sade	:	Israël
Jason Copperstone	:	Malta
Magdalena Wojcik	:	Poland
João Veloso	:	Portugal
Ana Busarac	:	Serbia
Cristina Cortes	:	Spain
Emrah Devrim	:	Turkey
Umran Korkmazlar	:	Turkey

**2. Welcome**

The chair, Carlijn de Roos, welcomed all to the online autumn meeting. The summer meeting 2022 will be 'live' in Valencia, Spain.

All brought a toast to Carlijn for obtaining her doctorate: congratulations to Carlijn !

The apologies and absences for the meeting were listed.

**3. Approval of the Minutes of last meeting**

The Minutes of the online Dublin Meeting were circulated in advance. No corrections were proposed.

During the meeting a change was proposed by Sari (Finland): page 6 : there were 5 consultants of which 1 has retired. At the moment there are 4 consultants in Finland.

No further changes. The minutes were approved by all present C&A Committee members.

**4. Follow-up on action points from last meeting**

Update of the LAP: List of Action Points before Dublin.

Anne will send the LAP after this meeting (List of Action Points after Autumn 21). Mail directly to Anne if you have fulfilled your LAP.

Ad action 070: No countries contacted Valentina yet for the extra funding for training or supervision. Zuzi mentioned that it is not clear to her what trainings could be funded by EMDR-Europe.

Action 073 : Anne will send an e-mail to Valentina to find out which trainings were eligible for funding.

In addition Zuzi thanked Russ for the help with planning EMDR support for children following the tornado in the Czech Republic.

Carlijn presented powerpoint slides with the results of the last C & A meeting (June 2021), which was shown also at the European Board meeting in June 2021 (see attachment). Carlijn asked if the ppt from the European Board was sent via the national association to the C&A representative in the respective countries. This follows the agreement that at least twice a year there is a meeting between the national board and the C & A representative to discuss relevant C & A issues and undertake action where necessary. It was felt that these meetings should be directly, or close after the European Board meetings so that there is time to realise actions before the next meeting. If the national board do not take the initiative for this meeting, the C & A representative should initiate the meeting. The regular meetings between the national boards and C & A representatives should improve the communication, facilitate the increase of the C & A practitioners, consultants and trainers and link/integrate the generic training and C & A training.

Savita : C&A trainings will be longer than the generic trainings (have at least an extra day) and it is difficult to link them in time. Carlijn mentions that the way trainings are linked may be different in the different countries depending on history or current situation. It is important to look in every country for the best way to organise separate generic- or C&A trainings linked in time or an integrated training.

Russ: In the UK the generic trainings and the C&A trainings are not linked and rely on the relationships between generic and C&A trainers. Carlijn confirms that it is important to invest in the relation between C&A- and generic trainers (for example have national trainers meetings to discuss these issues and find solutions). It takes time and energy. If there is a problem in integrating or linking both trainings, it is important to contact Carlijn/Anne, so we can try to help solve this problem. In the Netherlands there are some trainers, who are generic trainers and C&A trainers as well.

Sonja : A workshop given by Ana Gomez was helpful to illustrate that working with children is different from working with adults. There is a potential for growth!

Marie-France : There are not enough therapists working with children to organize a separate track.

Carlijn concludes that it takes time and energy to realise integrating/linked trainings. Every country has to find its way to realise it.

## 5. Trans-Europe C&A Consultants Training

The Trans-Europe C&A Consultants Training has not taken place yet, but will take place in December 2021 or January 2022. The criteria are ready and will be discussed in the Practice Committee and on the European Board on Sunday. The documents will be sent around when approved. The trainers are Joanne Morris-Smith and Michel Silvestre. We will e-mail the contact information so that they can be contacted if there is an applicant. This Trans-Europe Consultants Training is meant for countries where there is not a C&A Consultants Training in the country itself.

## 6. Research on EMDR and Children : update

Are there new projects to mention ? No projects.

Carlijn : An article has been published on EMDR for children (4-8 years) with PTSD (Olivier et al., 2021). In six sessions 78 % lost there diagnosis of PTSD. The article has been sent around.

There is similar research going on in the Netherlands with children with PTSD from 1,5 years-8 years.

Furthermore there is new research underway (RCT in the Netherlands) on mothers and children (0-6 years) in safety houses after having experienced severe domestic violence. First an intervention is offered to improve the parent-child interaction (5 sessions), followed by 5 EMDR sessions for mothers with severe PTSD symptoms, both interventions compared with waitlist. The effect of these interventions on the severity of PTSD reactions and behavioral problems of the child is measured.

In the council of scholars (EMDRIA) Ian Barron and Carlijn are involved in planning a large RCT on EMDR vs trauma-focused CBT in England on children with full PTSD : this is still in the preparation phase, still looking for funding.

Carlijn is willing to send the booklet of her doctoral thesis with an overview on the literature of trauma treatments in the C & A field to those interested. Addresses can be put in the chat.

## 7. Follow-up of the actions of the National Associations regarding the certification of C&A Practitioners and Consultants

**Belgium** : To become a C&A Practitioner therapists will have to do 10 hours less supervision for the generic EMDR Certification. Generic practitioners do 30 hours of supervision, C&A Practitioners will do 20 hours for the Generic part and 20 hours for the C&A part and will have both certifications after successfully having done their final evaluation.

**Austria** : A new evaluation form for C&A is being prepared. When finished, Rose will send it to Carlijn. What has been done to reach this point? A certification group was created as the first step and the form was based on Germany's model of certification. This discussion took 1.5 years and will be finished soon.

**Norway**: There is a certification form for C&A Practitioners and Generic Practitioners.

Action 74 : Savita will send this form to Anne who will send it around.

## **8. Update on the development of a C&A Committee in the countries**

Carlijn refers to the discussion in the last meeting. Having a C&A Committee in the NA can help to think about implementing the C&A track, but it is not feasible or necessary for all countries.

Marie-France : The conflict in the French Association is over and there were elections in July 2021. Marie-France is now on the Board and is also the representative in the C&A Committee. This combined position should help develop and integrate the C&A track for practitioners and consultants.

## **9. Experiences with EMDR after the flood catastrophe in Germany (Daniela) and after the tornado catastrophe in the Czech Republic (Zuzi)**

**Daniela** : On the 15th of July there was a catastrophic flood in Germany, near to where Daniela lives, 150 people died. On the 3<sup>rd</sup> day there was a phone call for help. Work started at the primary school in an emergency room. Consultation was offered to children : children were psychologically frozen even two days afterwards. The first four weeks work focused on stabilizing and a lot of resource work for taking difficult steps, for example, going back to the house to get belongings. After 4 weeks there were 10 practices with 500 helpers! A website and e-mail address were established where people could ask for a consultation. Therapy was offered within 24 hours by telephone, online or live. There was a psycho-education group for children, adults and first responders. For elderly people there was a place established where they could get coffee, light a candle... For young children a therapeutic book was used in combination with bilateral stimulation to help them. The name of the helpers group was 'Directly active'. Following the catastrophe their community was destroyed. Small practices will stay in place until the spring next year. A psycho-education group will be run till September 2022; there is funding for one year. People can more easily heal when the landscape/country side has healed.

**Zuzi** (translated by Yanka): On the 24<sup>th</sup> of June 2021 an unexpected tornado took place. 10.000 people were left without a house and 2.000 houses were destroyed. Houses and environments were destroyed and animals were dead. A lot of people had somatic symptoms and panic symptoms. The Czech Association joined the integrated rescue system and offered help to children and families. The experience was that children, old people and psychiatric patients received little help. In the early days, the area was not accessible and it was impossible to get to the site. During the first three weeks they actively helped families in acute crisis. Common symptoms were observed in children : frozen, stuttering, wetting themselves, anxiety. Apart from EMDR, somatic experiencing and resourcing with EMDR was used. 250 children were helped. Treatment of children in schools and kindergartens in the affected areas is still ongoing. A care program has been developed and currently 350 children have participated. A lot of joy was experienced (for helpers) since the work was seen as very efficient. Our work has opened up a space for learning for firefighters, policeman. Similarly, training for teachers is ongoing so that they are ready for when the children return to school. There has also been group support for parents of children. There is a need to continuing individual work for children with previous traumatization. We have reached out to musicians, created a song for communities of people affected by the tornado.

Children become more relaxed, continuing work with teachers, parents, individual children. The team consisted of 8 people. Part of the work includes collecting data from children going through EMDR work.

Carlijn thanks Daniela and Zuzi (assisted by Russ) on behalf of the committee for their wonderful and inspiring work. Carlijn suggests to present this work on the next conference. For next projects presented on the C & A committee a small powerpoint presentation will be made.

#### **10. Plans for tribute to Joanne Morris-Smith from colleagues on the Committee (Russ)**

Russ : EMDR UK wants to commemorate Joanne Morris-Smith for her work at the 20th anniversary of the UK C&A Committee and asked who would like to contribute to this booklet. The idea is to make an online book on how Joanne has inspired colleagues in their work with traumatised children. This will aim to be completed by Autumn 2022. Daniela proposes to talk about it with Beatrix. Beatrix made a booklet for Joanne at her farewell in Strasbourg. Carlijn and Marie-France will contribute. Carlijn suggests to contact Renee Beer, because many people in the trainers group have worked with Joanne and may want to contribute. Russ will contact Renee Beer.

## 11. Program of events for C&A Practitioners

**Russ** : Reminder for the series of seminars organized by EMDR UK. 2 have already been completed. There are still 6 seminars to come. Info on the website of EMDR UK: [www.emdrassociationevents.org.uk](http://www.emdrassociationevents.org.uk) Trauma Aid UK is arranging two free places at each event for countries that do not have access to training.

**Daniela** : Announcement of the first global conference of EMDR Global Child Alliance. Everything is pre-recorded and will be available for 60 days. The event costs \$125. For information : [www.globalchildalliance.com](http://www.globalchildalliance.com)

## 12. Next meeting

The next meeting will be in Valencia (Spain) on **Wednesday the 8<sup>th</sup> of June from 14h00 till 17h00**. A presentation (powerpoint) of their national C&A Committee will be given by Alexia and Emrah.

Action 075 : Cristina will be asked by Marie-France to organise the Committee Diner on Wednesday night.