




First face-to-face meeting:

EMDR UK & Ireland EMDR & Positive Psychology SIG

4th EMDR Autumn Workshop
Conference, Sheffield, UK
5th October 2012



EMDR UK & Ireland Positive Psychology & EMDR SIG

- Mini presentation
- Outline agenda 2012-2014
- Open discussion
- Committee

Chronology

- Anne-Marie McKelvey writes that Positive Psychology and EMDR (PP&EMDR) are a “dynamic duo” (EMDR Solutions II – 2009)
- Formal proposal to have a SIG on Positive Psychology & EMDR (April 2011)
- EMDR UK & I sanction setting up of PP&EMDR Special Interest Group (SIG) (May 2011)
- 1st presentation on PP&EMDR (3rd AWC in Durham - October 2011)
- SIG chosen to exist as a www.linkedin.com online group (set up October 2011)
- First PhD on Positive Psychological Change after RTAs in the context of EMDR is completed (December 2011)
- “*In Search of the Antonym to Trauma*” published (June 2012)
- September 2012 - LinkedIn group reaches 300 members
- Claudia Herbert gives keynote speech at 4th AWC Sheffield
- 1st face-to-face meeting of SIG - 4th AWC Sheffield

Aims

- To bring together members of EMDR UK & Ireland who share a common interest in Positive Psychology as applied to EMDR.
- To foster awareness of a 'total beneficial outcome' of EMDR i.e. not just the ability of EMDR to reduce negative psychological symptomatology, but to additionally examine Positive Psychological Change including Post Traumatic Growth, Performance Enhancement and the development of the Maslowvian principle of an individual's full 'psychological height'.

To be achieved by

- Encouraging members to contribute to EMDR conferences, other related presentations, writing of papers for publication, whilst also acting as a resource/ support for EMDR researchers as well as fostering links to other appropriate organisations e.g. members of other National and International EMDR Associations as well as other Positive Psychology Associations e.g. the UK Centre for Applied Positive Psychology (CAPP).

How do I join?

Positive Psychology & EMDR SIG stats

332 members in total (from 35 countries)

210 UK & Ireland (counts as 5 countries)

33 from Netherlands

27 from USA

11 from Canada

6 from Argentina

5 from Spain

4 from New Zealand

3 each from France, Australia and Belgium

2 each from Chile, Ecuador, Egypt, Israel, Italy, and Rumania

1 each from Brazil, China, Denmark, El Salvador, Germany, Greece, India, Indonesia, Lebanon, Norway, Puerto Rica, Portugal, Sri Lanka, Turkey and Venezuela

Managing popularity - proposal for sub group

- An EMDR UK & I group – but where do you draw the line?
- Decision was to have a closed group that required application to join
- The first 12 months of the group has shown interest far beyond the UK & I.
- Interest in EMDR crucial, in PP preferably as well – membership of EMDR UK& I or other national EMDR Association important
- Proposal is to have a sub group of EMDR UK & I members only

Outline agenda for 2012-2014

- **Edinburgh 2014**
- **CAPP membership of group**

Open discussion

A committee...

- **Chairperson**
- **Secretary**
- **Treasurer**
- **Ordinary member**
- **Ordinary member**

