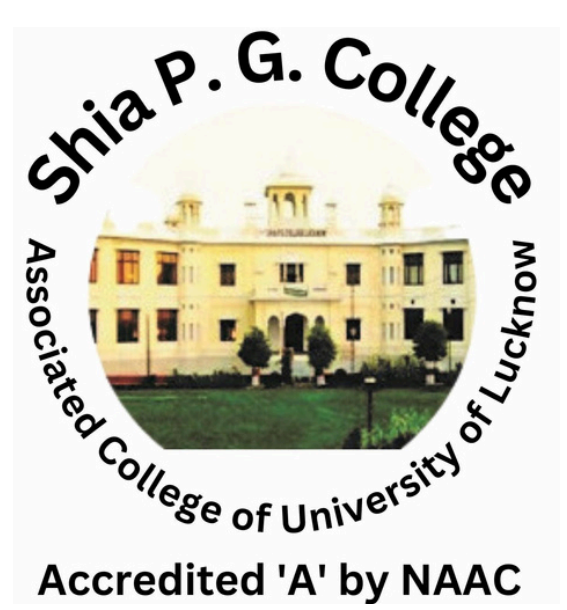




INDIAN MENTAL HEALTH &  
RESEARCH CENTRE LUCKNOW



भारतीय पुनर्वास परिषद्



# 6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

## PRE CONFERENCE WORKSHOP EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR) IN NUTSHELL

04 OCTOBER 2024

02:00 PM – 05:00 PM

Venue: Shia P.G. College Lucknow

### What is EMDR ?

The phrase "past becomes present" is widely used in psychological trauma research to describe how current distress often stems from unresolved issues from past experiences that repeatedly resurface. This phenomenon is especially notable in PTSD. Eye Movement Desensitization and Reprocessing (EMDR) is a trauma-focused psychotherapy that aims to help individuals recover from such distressing events and associated problems, including flashbacks, disturbing thoughts or images, depression and anxiety, thereby optimizing overall well-being.

### What you'll explore:

- Connection between psychological trauma and psychopathology.
- Trauma focused approaches for healing trauma and promoting personal transformation.
- EMDR: its relationship with brain and memory processes.
- When and where is EMDR applicable.
- Assessing the readiness of client for EMDR work.
- The eight phases of EMDR work.
- EMDR and PTSD- A case study.
- Training and accreditation in EMDR: What steps are needed to become a certified EMDR therapist in India?

### Discover:

- Practical ways to engage in experiential learning during sessions.
- Using stabilization and resource tapping techniques.

**Who can attend:** The workshop will be beneficial to Psychologists, Psychiatrists, Psychiatric Nurses, Social Workers, Healthcare & Mental Healthcare Professionals M.Phil, PDCP and P.G. students from different streams.

**Accreditation:** Certificate of Participation will be issued to the participants.

**Workshop Fees:**  
₹ 1000/-

Scan for  
Registration



### Chairperson



**Prof. Krishna Dutt**

Head,

Dept. of Clinical Psychology  
Era University, Lucknow

### Resource Person



**Preeti Pandey**

**Certified EMDR Therapist**

(Trained by EMDR Association, India)

**Clinical Psychologist**

RCI registered (CRR No. A54342)

**M.Phil Clinical Psychology-CIP Ranchi**

[Click here to apply](#)

Contact Us

+91-8565001786, 8960882732, 9005421242

More Info:

[www.imhrc.org](http://www.imhrc.org)