



Anna Drijver
Psychotherapist

Anna Drijver is a registered psychotherapist (PBANZ), full member of New Zealand Psychotherapists association (MNZAP) and a trained yoga teacher. She has been working in private practice for over 15 years as well as in community settings and the public mental health services. Anna is trained in a wide variety of psychological modalities including full 3 parts of EMDR and EMDR-E training (by Alexandra Richman). In her practice she has found EMDR very effective for processing trauma with her clients (amongst other psychological difficulties). Anna is especially passionate about incorporating both mind and body in a holistic healing process.



Claudia Foltun
Clinical Psychologist

Claudia is a registered clinical psychologist with the New Zealand Psychologists Board and a member of the New Zealand Psychological Society (NZPsS). She is currently working in the public mental health sector (ADHB) in a tertiary psychotherapy service that specialises in treatment for individuals with significant psychological problems (including complex trauma).

Claudia has completed her two stage training in EMDR with accredited faculty of Dr. Shapiro's EMDR Institute and continues to offer this treatment in both public and private settings.



Aio Wira Retreat Centre

The Maori words "Aio Wira" mean "peace wheel". This is a symbol for honouring the centre of peace within ourselves. Aio Wira is not based on any specific spiritual philosophy but exists to support all who wish to develop their body, mind, and spirit.



It is set on four hectares of native bush in the Waitakere Ranges on the western outskirts of Auckland City. Bordered by the Waitakere Stream on one side and bush reserves on the other, there are some delightful bush walks at the Centre and Cascade Kauri Park.



This beautiful, quiet setting is still very accessible to Auckland City - 40 minutes by car or one hour by train from the downtown area.

Module 1 Date: 5th May + 19th May 2018
Cost: NZ\$ 300 (early bird) per day
NZ\$ 330 (after 20th April) per day

Module 2 Date: 15th-17th June 2018
Cost: NZ\$ 700 (early bird)
NZ\$ 770 (after 31st May)

Registration and details:
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EMDR TRAUMA TREATMENT

Module 1 + Module 2

What is EMDR?

The mind can often heal itself naturally, in the same way as the body does. Much of this natural coping mechanism occurs during sleep, particularly during rapid eye movement (REM) sleep. Francine Shapiro developed Eye Movement Desensitization and Reprocessing (EMDR) in 1987, utilising this natural process in order to successfully treat Post-Traumatic Stress Disorder (PTSD). Since then, EMDR has been used to effectively treat a wide range of mental health problems.

EMDR therapy uses a structured eight phase approach

Phase 1: History-taking

Phase 2: Preparation - resource enhancement

Phase 3: Assessing the target memory(ies)

Phase 4-7: Processing each memory to adaptive resolution

Phase 8: Evaluating treatment results

Goals of EMDR

Releasing you from dysfunctional ties to the past, so that adaptive responses are possible in the present

Reprocessing disturbing memories using eye movements to achieve a more adaptive and functional resolution

Simultaneous desensitisation and cognitive restructuring of memories

Elicitation of spontaneous insights

Increase in self-efficacy

Can anyone benefit from EMDR?

EMDR can accelerate therapy by resolving the impact of your past traumas and allowing you to live more fully in the present. It is not, however, appropriate for everyone. The process is rapid and you need to be aware and willing to experience the strong feelings and disturbing thoughts which occur at times during session.

Symptoms that are often significantly relieved include: flashbacks, nightmares, somatic arousal, distress and anxiety associated with traumatic memories, sleep disturbance. Resolution of trauma can improve self-esteem, mood, and levels of trust in others.

Evidence that EMDR is a successful treatment

EMDR assists in integrating memories. Traumatic memories are stored in a different part of the brain than other memories. PET (positron emission tomography) brain scans capture images of areas in the brain that 'light up' when active and give an indication of where the memory is stored. After using EMDR on clients, PET scans show that the area in the brain where traumatic memory is stored no longer 'lights up'. Furthermore, when the client is asked to recall their traumatic memory, the part of the brain where normal memories are stored lights up instead

Research overview: <http://www.emdr.com/research-overview/>

MODULE 1

Module 1 is designed to cover the first three phases of EMDR therapy. Clients will complete the necessary work in two separate days of intensive programme, with a break in between to allow for practice. The focus of this module is to identify and assess each client's traumatic memories that remain unresolved and have a negative impact on current functioning, and to prepare them ensuring they have several different ways of handling emotional distress. A variety of imagery and stress reduction techniques are taught and clients are encouraged to use these during and between modules. There is a strong psycho-educational component included, as well as time for clients to self-reflect and practice new ways of managing distress.

MODULE 2

Module 2 is primarily experiential as clients start to process their traumatic memories using EMDR. There is no need for clients to talk about their experiences in detail for the memory to be processed. It is important though that the person is able to hold dual awareness (of both past memory and present moment) and that their distress level stays within their window of tolerance. Module 2 starts on Friday afternoon and finishes on Sunday at lunchtime. We have chosen a peaceful retreat in the midst of nature to support mindfulness and grounding in the here and now.

The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes.

EMDR clinicians help clients activate their natural healing processes.

Unlike talk therapy, the insights clients gain in EMDR therapy result not so much from clinician interpretation, but from the client's own accelerated intellectual and emotional processes. The net effect is that clients conclude EMDR therapy feeling empowered by the very experiences that once debased them. Their wounds have not just closed, they have transformed.