

Healing national Trauma and wounded memory

Mag. Eva Munker-Kramer

clinical psychologist, disaster and emergency
psychologist, psychotherapist (BT, EMDR)



EMDR Institut Austria
EMDR Institute Austria
www.emdr-institut.at

EMDR and Psychotraumatology in Lviv/Ukraine - 2004 until

Content and figures:

The seminars (in each of 3 projects up to now)

<i>Overview, basics of Psychotraumatology, Stabilization</i>	<i>5 days</i>
<i>Clinical supervision: diagnoses, treatment planning, Indication for traumatherapy / EMDR</i>	<i>2 days</i>
<i>EMDR Basic Training</i>	<i>3 days</i>
<i>Supervision and practical day EMDR</i>	<i>2 days</i>
<i>Complex Traumatization, Dissociative Disorders</i>	<i>2 days</i>
<i>EMDR Advanced Training</i>	<i>3 days</i>
<i>Supervision EMDR and Traumatherapy</i>	<i>2x2 days</i>
<i>Acute trauma</i>	<i>1 day</i>

Sum days per project ***20-22 days***

Sum participants up to now: ***76, 20 certified pr., 2 supervisors***

Objectives

- **make clear and realize that „EMDR and beyond“ is necessary – spread a broad knowledge and understanding of indications of EMDR within the whole field of psychotraumatology**
- **help to establish trained persons on site as disseminators and help and encourage to set up structures**
- **stay with well established admission criteria**

Special Challenges

- „EMDR and beyond“ is the only option
- besides individual traumatization we face the influence of national history (of traumatization), that means
 - individual value system / individual perception of events as „potentially traumatizing“ events – general „amount“ of traumatization is different
 - the idea of „having (the right to have) trauma treated individually“ is not very common, necessity partly denied
- staff from „traumatizing“ countries in traumatized countries – awareness of national burden on both sides

...that means/ from this we learned...

**... to adapt the speed, parts of the trainings
(e.g. the cognitions) beforehand**

**... to be very cautious/aware of in practical
exercises (SUD levels...)**

**... to pick the participants up from where they
stood, not from where we thought they were**

**... to openly address the fact that maybe
descendants of „offenders“ work with descendants
of „victims“ (we do not want to „tell how it has to be“, we
have touching personal encounters and exchange on that
which contributed to „healing“)**