

# **Working with the Military and Veterans using EMDR**

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This workshop aims to provide practical ideas for understanding and working with military personnel and veterans. The workshop will address the special characteristics and culture of this population and how to adapt EMDR accordingly, with an emphasis on assessment, formulation and forming a strong collaborative alliance.

Matthew has had extensive experience of working with this client group, and will use his engaging presentation style along with interactive tasks and video material to help attendees improve their skills and confidence in this area.

## **Workshop Outline**

Myths, Facts and the Research around Military Mental Health  
Military cultural issues  
EMDR and combat related PTSD  
Engaging the military/veteran client  
Tailoring EMDR to this client group  
Utilising resources