

# ONLINE EMDR FOR TRAUMA

HEAL FROM TRAUMA WITH ONLINE EMDR THERAPY

## WHAT IS EMDR?

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EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a structured, evidence-based psychotherapy approach that helps people recover from traumatic experiences. EMDR targets unprocessed memories stored in the brain that continue to cause distress and helps the brain reprocess these memories, reducing their emotional charge and making them feel more distant or resolved.

EMDR is one of two treatments recognised by the World Health Organisation as effective evidence-based treatment for people with PTSD and symptoms of trauma.



## WHAT IS G-TEP?

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We use a modified version of the Group-Traumatic Event Protocol (G-TEP), developed by Elan Shapiro, which we have found to be particularly effective in working with kiritaki with an ACC sensitive claim. This is because kiritaki do not need to disclose or discuss their individual experience during the session.



## HOW DOES IT WORK?

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Once registered, kiritaki are sent a link to a secure online platform. Kiritaki are not able to interact and can only talk with facilitators through the chat function. This protects their confidentiality and privacy while ensuring we can respond to their questions and concerns.

Kiritaki are taken through a structured protocol which includes grounding and containment exercises at the start and finish of each session. Distress is monitored through SUD (subjective units of distress) scores taken from kiritaki frequently throughout the sessions.

## WHO IS THIS FOR?

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- All kiritaki across Aotearoa with an accepted ACC sensitive claim
- Kiritaki who have regularly engaged with a lead provider
- Kiritaki who feel safe to manage their distress while engaging online
- Kiritaki whose lead providers believe they have sufficient distress tolerance and affect regulation strategies to cope with actively recalling traumatic experiences and working through them in an online environment
- Kiritaki with access to stable internet and a private device on which to access it
- Kiritaki without active psychosis, no recent mental health admission, and no active suicidal ideation
- If you have any questions or concerns about kiritaki's suitability, please email us and we would be happy to discuss it with you.



## HOW DO WE HELP KIRITAKI DURING SESSIONS?

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- Our experienced trauma-informed clinical psychologists will be there to support kiritaki to manage mild dissociation and distress
- Kiritaki will be guided to access traumatic memories and break them up into manageable pieces for processing



## KEY BENEFITS

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- Improvements in PTSD symptoms
- Relief from intrusive symptoms and nightmares
- Decreases in hypervigilance and anxiety
- Improvements in sleep
- A sense of being able to put the past in the past
- Gain new perspectives on past experiences
- Develop improved coping resources

## INVITATION TO PROVIDERS AND SUPPLIERS

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- EMDR can seem strange, and an online form of traumatic processing even more so. We extend an invitation to all providers and suppliers to attend one of the seven sessions.
- Your participation will be anonymous, and you will have exactly the same experience as your kirit.
- We highly recommend attending the first session as this is when we provide psychoeducation and work through troubleshooting.
- Please send us an email and let us know which session you would like to enrol for.

# REFERRING YOUR KIRITAKI

## REFERRALS FOLLOW A 3 STAGE PROCESS

### STAGE 1

- Request approval from ACC for your kiritaki to attend the group.
- **Please CC us into the email so that we can track registrations at our end.**
- [emdrpathway@gmail.com](mailto:emdrpathway@gmail.com)

#### Example Rationale:

- *"I would like to request approval for (kiritaki name) to attend the Online EMDR Pathway group as part of their treatment. (Kiritaki name) will benefit from this group by being able to process traumatic material which will decrease symptoms of anxiety, depression, nightmares, flashbacks, and intrusive memories. Through the group (kiritaki name) will gain distress tolerance and affect regulation skills, learn new coping skills and benefit from improved emotional wellbeing. This will improve (kiritaki's name) quality of life and overall functioning."*
- Please approve the following:
  - SCSGTT x 1 (for triage)
  - SCSGT x 16 (8 sessions x 2 hours)
  - **Total 17 Hours**
- Time Frames: 30 April 2025 - 18 June 2025
- TheraMAS as Supplier (GO9852)



### STAGE 2

- The purchase order approval will be sent to you and TheraMAS.
- **PLEASE NOTE:** ACC does **not** send us a copy of the purchase order so the only way we know your kiritaki has been approved is if you forward us the approved purchase order at [emdrpathway@gmail.com](mailto:emdrpathway@gmail.com)
- Once TheraMAS has received your purchase order they will send you a registration form by email for you to complete.
- **PLEASE NOTE:** We cannot register your kiritaki until you have completed the registration form from TheraMAS. If you have applied to ACC and it has been more than 10 days, please follow up with them.

#### SESSION INFORMATION

Location: Online

Dates: 30 April - 18 June 2025

Day & Time: Wednesday 18:00 pm - 20:00 pm

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL US:

[emdrpathway@gmail.com](mailto:emdrpathway@gmail.com)

### STAGE 3

- Once we receive your registration form from TheraMAS we will contact your kiritaki with all the information they need about the group.
- We will set up a time to answer any questions or concerns they may have
- We will send you an email to confirm your client's registration.
- **PLEASE NOTE:** As per the new ACC guidelines clients will need to complete a pre-session assessment prior to the start of the group. This not only provides ACC with the information they now require but it helps us to do a final safety check to ensure that kiritaki are safe to and ready to participate..



#### Your Facilitators

##### Ananda Sleeman

Ananda Sleeman is a clinical psychologist from South Africa. She has worked with adults and children with severe mental health difficulties in both psychiatric and community-based settings. She moved to New Zealand in 2018 and opened a private practice in 2020. She is a qualified EMDR therapist and is registered to provide services to ACC kiritaki and groups. Ananda has been providing online group EMDR 2023 with ACC sensitive claims kiritaki and is trained in a number of trauma-informed treatment approaches.

##### Nishtha Saini

Nishtha is a clinical psychologist trained in India. She has been in the mental health field for almost 10 years and has been working in New Zealand since 2015. Nishtha is a qualified EMDR therapist and is registered to provide services to ACC kiritaki and groups. Nishtha has been providing group EMDR both face-to-face and online since 2022 with ACC sensitive claims kiritaki. She has a private practice in Wellington and works with kiritaki with a range of psychological issues.

##### Dr Carmen Corral-Bulnes

Carmen is a registered clinical psychologist and member of the New Zealand College of Clinical Psychologists. She is originally from Spain, and she has experience working as a psychologist in various countries and contexts, including inpatient and outpatient mental health and general hospital services, forensic and prison settings, addiction and specialised services for survivors of domestic and sexual violence. Carmen is a qualified EMDR therapist and is registered to provide services to ACC kiritaki and groups. Carmen is experienced in delivering both individual and group interventions.