

# EMDR PATHWAY

## ONLINE EMDR GROUP FOR TRAUMA

HEAL FROM TRAUMA WITH ONLINE EMDR GROUP THERAPY

### WHAT IS EMDR?

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?

G-TEP stands for Group Traumatic Episode Protocol. It's a specific group-based version of EMDR that supports people in processing trauma without needing to talk about it out loud during the session. It uses a worksheet and bilateral stimulation, with guided instructions. It was developed by Elan Shapiro, and emerging research appears to indicate that it is effective for working with kiritaki with an ACC sensitive claims.

### HOW DOES IT WORK?

Once registered, kiritaki receive a link to access a secure online platform. They won't be able to interact with each other and can only communicate with facilitators via the chat function. This setup helps protect their privacy and confidentiality, while still allowing us to respond to any questions or concerns.

Each session follows a structured protocol, beginning and ending with grounding and containment exercises. We check in regularly on distress levels using SUDs (Subjective Units of Distress), which kiritaki are asked to report throughout the session.

### WHO IS THIS FOR?

This group is suitable for kiritaki across Aotearoa who:

- Have an accepted ACC sensitive claim
- Are regularly engaged with a lead provider
- Feel safe managing their distress in an online setting
- Have been assessed by their lead provider as having enough distress tolerance and emotional regulation skills to safely recall and process traumatic experiences online
- Have access to a reliable internet connection and a private device
- Are not currently experiencing psychosis, have not had a recent mental health admission, and are not experiencing active suicidal ideation

If you're unsure whether a kiritaki is a good fit for this group, please feel free to email us. We're happy to talk it through with you.

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### HOW DO WE HELP KIRITAKI DURING SESSIONS?

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

### KEY BENEFITS

- Reduction in PTSD symptoms
- Relief from intrusive thoughts, flashbacks, and nightmares
- Decreased feelings of hypervigilance and anxiety
- Improvements in sleep and overall wellbeing
- A growing sense of distance from the past — feeling less "stuck" in it
- New insights and perspectives on difficult experiences
- Strengthened coping strategies and emotional regulation tools

Many kiritaki have reported feeling lighter, more in control, and more hopeful after participating in group EMDR.

# 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: Please provide at least 4 months time frame just in case.
- 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.

### 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

#### 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.

#### SESSION INFORMATION

Location: Online

Next Group Dates:

- 2 July - 20 August 2025 - Wednesday 18:00 pm - 20:00 pm
- 16 September - 4 November 2025 - Tuesday 18:00 pm - 20:00 pm
- 9 September - 7 November 2025 - Friday- 9.00am -11.00 am

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL US:

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