



EMDR GROUP THERAPY  
AOTEAROA



# EMDR Therapy

For Clinician Self-Care & Personal Development  
*Online Drop-In Group*

## EMDR Therapy for Clinicians

Whether you're a psychologist, psychiatrist, counsellor, psychotherapist, social worker, occupational therapist or work in the mental health field, you are likely called to this profession because you want to help others; to serve; to support those on their trauma recovery journey.

As many of us know, those who work with trauma are more at risk of experiencing vicarious trauma, PTSD symptoms and disrupted beliefs about self and others (Schouben & Frazier, 1995).

EMDR Group Therapy is an evidence-based, confidential and individual therapy - there is **no sharing of trauma event information.**

It is an effective way to tend to your own needs, "so you can look after the needs of others and do extraordinary things" (Luber, 2015).



*We look forward to supporting you with your self-care with our drop-in EMDR Group Therapy - confidential and online!*

## Dates

- Friday August 22<sup>nd</sup>, 1pm-3pm
- Friday September 26<sup>th</sup> 1pm-3pm
- Friday October 31<sup>st</sup>, 1pm-3pm
- Friday November 28<sup>th</sup> 1pm-3pm

All groups are online

Fee: \$180+GST per 2-hour group

All PDF materials provided (printing of A2 worksheet is required beforehand).

## Registration

You can register [here](#) or  
visit [groupemdr.co.nz](http://groupemdr.co.nz)



# What to expect

Our clinician drop-in groups are **online** for easy accessibility.

## *The format*

Each 2-hour session offers an adaptation of the SVS EMDR Group Protocol:

- Grounding, stabilisation and preparation for trauma reprocessing.
- Trauma reprocessing of one event using an evidence-based EMDR format.
- Future-templating to navigate future challenges or triggers more effectively.

## *What can it help with?*

Our drop-in groups offer targeted reprocessing, which may include:

- Vicarious trauma
- Trauma events (recent or historical)
- Work-related stress



# Facilitators



**Emma & Ceit**

**Emma Sanderson** and **Ceit Robinson** are the Directors of EMDR Group Therapy Aotearoa. They are both registered psychotherapists, Accredited EMDR Therapists, experienced group facilitators and co-developers of the Sexual Violence Survivors' (SVS) Group Protocol, which features in *EMDR Group Therapy: Protocols and Principles of Treatment* by Robinson and Kaptan (Springer Publishing, 2023).

As well as facilitating regular EMDR Therapy Groups, Emma and Ceit offer trainings and consultations to clinicians on the EMDR SVS Group Protocol. Their aim is to bring the benefits of EMDR Therapy and group work together to make healing accessible and effective for all populations.



**Andrea**

**Andrea Maier** is a registered social worker with a background in mental health, addictions, individual therapy, couples and family therapy, group facilitation and trauma-focused practice.

Andrea works alongside adults and young people aged 16 and over who are navigating challenges such as trauma, loss, depression, anxiety, phobias, relationship difficulties, and vicarious trauma. She also provides professional supervision for social workers and allied health professionals.

She is an experienced group facilitator, and values these EMDR groups as safe, respectful, and very effective spaces for processing trauma and fostering healing and personal growth.



## Contact Us

For further information, please reach out to us at [groupemdrnz@gmail.com](mailto:groupemdrnz@gmail.com).

### EMDR Group Therapy Aotearoa

*EMDR Group Therapy, Training and Supervision on the SVS EMDR Group Protocol*

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