

## EMDR MENTORING GROUP – DUBLIN

New EMDR mentoring Group commencing on **Saturday 9 November 2019**.

The group will meet on a monthly basis on Saturday morning 10:00h to 12:00h and is open to anybody who has completed EMDR training.

The group will be facilitated by EMDR Consultants in training Johnny Moran, Europe Accredited EMDR Practitioner and Adrian O’Grady, Europe Accredited EMDR Practitioner.

The mentoring group will take place at **Open Minds Centre**, ‘Ardeen Mews’, Park Road, rere 10/11 Marine Terrace, Dun Laoghaire, Co. Dublin ( [www.openmindscentre.ie](http://www.openmindscentre.ie) ) – opposite entrance to the People’s Park (Sea end) in Dun Laoghaire.

Ample on-street parking available and Sandycove / Glasthule DART station is less than a five-minute walk.



### The focus of the Group will be:

- To enhance understanding of the AIP model
- To increase familiarity with the 8 phases of EMDR Therapy
- To discuss specific cases arising from Participants Practice
- To encourage, support and facilitate the integration of EMDR into existing practice
- To discuss, explore, review common challenges faced with clients in EMDR Therapy
- To introduce, update on EMDR research and various EMDR Protocols
- Introduction to key authors and publications relevant to EMDR Therapy

Mentoring will also address and explore practical issues that arise in EMDR therapy including use of equipment such as pulsars, audio, lights, tapping techniques.

If you are interested in joining the group / reserving a place or would like more information, please email [johnny@openmindscentre.ie](mailto:johnny@openmindscentre.ie) - limited number of places.

### **Johnny Moran Bio**

Johnny Moran, Clinical Director of Open Minds Centre, is an accredited psychotherapist with IAHIP (Irish Association of Humanistic and Integrative Psychotherapists), accredited counsellor with IACP (Irish Association for Counselling and Psychotherapy). Johnny is an accredited EMDR Europe Practitioner, trained in EMDR Child & Adolescents Level 1 & 2, BISS Jungian Sandplay therapist. He is a board-certified hypnotist and certified instructor with National Guild of Hypnotists (NGH) and holds MA in Psychotherapy and H Dip in Counselling and Psychotherapy.

### **Adrian O'Grady Bio**

Adrian has 24 years of experience working as a Firefighter, Paramedic and Officer. He is a qualified, accredited Psychotherapist with IACP, an accredited EMDR Europe Practitioner and has been the director of the CISM team in Dublin Fire Brigade since 2006, providing crisis intervention, individual and group support and counselling to members of the Brigade and the public. He holds an MSc. In Bereavement Studies from RCSI and has trained as a Complicated Grief therapist with the Irish Hospice Foundation.

He is a tutor in Paramedic Studies and in Individual and Group Crisis Intervention with ICISF. He is a steering committee member of CISM Network Ireland and is noted for his Psychological Debriefs after some of the most traumatic incidents across this country with both Emergency Services, An Garda Siochana and Communities.

***The objective of EMDR Mentoring is to make available supplementary supports to therapists practicing EMDR post training and serves as an additional & separate resource to ongoing supervision with an EMDR accredited consultant.***

Open Minds Centre

'Ardeen Mews', Park Road, rere 10/11 Marine Terrace, Dun Laoghaire, Co. Dublin

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