

## **EMDR Therapy with Internally Displaced Populations and Refugees as part of Trauma Capacity Building Programmes**

Natural disasters and wars account for much of the global burden of psychological trauma - vast in magnitude, immense in its consequences. The World Bank (2011) estimates 1.5 billion people of the global population currently live in countries afflicted by political or criminal violence and war, surmising that approximately 500 million people suffer from Post-Traumatic Stress Disorder (PTSD). The largest proportion; a majority is women and children. Psychological trauma darkens and scars people's lives - it is a silent epidemic because much of that trauma remains hidden, especially in the developing world: unrecognized, undiagnosed, and therefore untreated. To date there are more migrant populations displaced than at any time since WWII.

This pre-conference workshop will explore psychological trauma through the lens of IDP's and Refugees. It will consider the potential for the utilisation of EMDR Therapy as part of overall Trauma Capacity Building. Country case-studies will be used including: Iraq, Cambodia, Myanmar, Lebanon and the Philippines. Research data will also be provided focussing upon Gender-Based Violence – regarding 'Shame-Based' Trauma. Ideas will also be considered relating to the teaching and learning of EMDR Therapy, cultural adaptability, political sensitivities, and implications for research and development.