

Abstract of new ERP concise version 2018

Victims of immediate trauma in Acute Stress Reaction often exhibit a high to extreme stress reaction and “silent terror”. The Emergency Response Procedure (ERP) described in Marilyn Luber’s: Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters: Models, Scripted Protocols 2013) was developed to deal with victims of natural and man made disaster within minutes to hours of exposure to trauma. ERP is a stabilization technique that utilizes rapid bilateral stimulation. Participants in this workshop will learn how to treat clients in the immediate aftermath of trauma utilizing ERP. This same basic approach can be applied in the event of strong emotional reactions during the initial phase of history-taking, and prior to the Preparation Phase of EMDR or at other times of treatment when patients exhibit strong emotional reactions. Clinicians who have already learned ERP will benefit from this new succinct version. There will be a practicum utilizing the new ERP. ERP has been modified and named ISP (Immediate Stabilization Procedure). ISP has been adapted from ERP to be used by first responders at scenes of routine emergency calls such as accidents and fires with victims exhibiting high emotional reaction. It can also be used for victims of manmade and natural disasters. Similarities and differences between ERP and ISP will be described.