

EMDR TRAINING FOR BOSNIA-HERZEGOVINA MENTAL HEALTH WORKERS IN SARAJEVO AS CONTINUITY OF THE BUILDING OF PSYCHOTHERAPY CAPACITY AFTERMATH THE 1992-1995 WAR

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Aim: The Eye Movement Reprocessing and Desensitization (EMDR) is an evidence based intervention in the treatment of psycho-traumatized individuals. Its effectiveness has been validated by extensive research. It outlines in particular an EMDR Humanitarian Assistance Training Programme that took place in Sarajevo University Clinical Centre after the Tuzla University Clinical Centre, Department of Psychiatry, in Bosnia-Herzegovina (BH) in response to 1992-1995 war, in helping to train mental health workers in EMDR to enable them to treat psychological trauma symptoms of war survivors.

Method: Authors described educational process considering the history of idea and its realization through training levels and process of supervision which was provided from the Humanitarian Assistance Program (HAP) of UK & Ireland with non profit, humanitarian approach in sharing skills of EMDR to mental health therapists in BH.

Results: Highly dedicated internationally approved trainers from HAP UK & Ireland provided completed EMDR training for 33 recruited trainees of different professional background from different BH health institutions from different cities and entities in BH. To be accredited EMDR therapists all trainees are obliged to practice EMDR therapy with clients under the supervision process of HAP UK & Ireland supervisors. Because of physical distance between supervisors and trainees, supervision is organized via Skype Internet technology.

Conclusion: Training of Bosnia-Herzegovina mental health workers to effectively use EMDR with enthusiastic help of EMDR trainers from HAP UK&Ireland is continued through the next training organized in Sarajevo and it will increase psychotherapy capacities in postwar BH.