EMDR has demonstrated effectiveness in treating chronic PTSD and old trauma memories, yet Early EMDR Intervention (EEI) protocols have only recently begun to receive more attention from EMDR researchers and clinicians.

It is proposed that EEI, while trauma memories have not yet been consolidated or integrated, may be used not only to treat acute distress but may also provide a window of opportunity in which a brief intervention, possibly on successive days, could prevent complications and strengthen resilience. Checking also for sub-clinical sticking points that can obstruct the Adaptive Information Processing (AIP), the R-TEP may reduce the sensitization and accumulation of trauma memories.

As part of a comprehensive approach to EEI, this workshop presents the EMDR Recent Traumatic Episode Protocol (EMDR R-TEP), which is an integrative protocol that incorporates and extends existing protocols within a new conceptual framework, together with additional measures for containment and safety. The R-TEP will be taught with video case illustrations and a practicum.
Elan Shapiro is a Psychologist in private practice with over 30 years of experience working in a community psychological service in upper Nazareth. Originally specializing in Adlerian psychology he came to EMDR in 1989 after attending one of the first trainings Francine Shapiro ever gave. In 1994 he became an EMDR Institute Facilitator and was among the founding members of EMDR Europe. He is an EMDR Europe Accredited Consultant and past Secretary of the EMDR Europe Association. Recipient of the Servan-Schreiber award, from the University of Lorraine, Metz, Nov. 2012 & also the Servan-Schreiber award for contribution to EMDR at the EMDR Europe Association Conference, The Hague, June 2016.

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