

# EMDR Europe 2016 Den Hague, Netherlands

## Trauma Capacity Building Projects: Myanmar, Cambodia & Iraq



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Vice-President EMDR Europe  
President Trauma Aid Europe



## Mental Health in Iraq

- Iraqis very low access to mental health services is worsening a problem of already critical proportions. The prevalence of trauma-related disorders requires a concerted effort from the Iraqi government and international community to help rebuild mental health services in the war-torn country (Iraqi Psychiatrist - Al -Uzri, 2013)



# Trauma Capacity Building

1. Individual, Family and Community centered
2. Community based
3. Culturally sensitive and culturally competent
4. Developmentally appropriate.
5. Participants as partners with staff
6. Empowerment and strengths based approaches
7. Trauma competence

# Trauma Capacity

## Trauma = EMDR Therapy

- EMDR Therapy is the predominant paradigm underpinned by the Adaptive Information Processing (AIP) Framework

## Trauma > EMDR Therapy

- AIP is more comprehensive
- EMDR Therapy is part paradigm alongside other interventions
- Capacity building
- Task shifting



Humanitarian Assistance Project

## TRAUMA MENTAL HEALTH CAPACITY BUILDING IN MYANMAR (BURMA)

# Myanmar



- Myanmar (Burma), was long considered a pariah state, isolated from the rest of the world with an appalling human rights record.
- From 1962 to 2011, the country was ruled by a military junta that suppressed almost all dissent and wielded absolute power in the face of international condemnation and sanctions.

# Myanmar

- 1962 – 2013 Military Rule
- Once one of Asia's wealthiest nations – now one of the poorest
- This is despite having an abundance of natural resources: oil, gas, hydropower etc.



# Myanmar

- Country which contains significant ethnic tensions and separatist rebellions
- **Conflict between Buddhist and Islamic groups**
- One of the least economically developed countries in the world – suffered stagnation, isolation and mismanagement

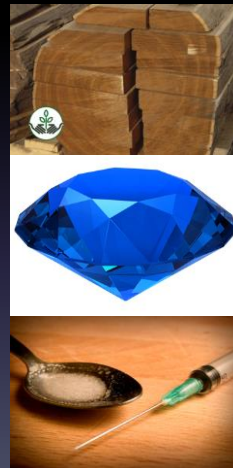


# Ethnic Groups in Myanmar



# Myanmar Exports

- Teak (world's largest exporter)
- Sapphires, Pearls, Jade, Rubies
- Heroine



## Health Expenditure [% GDP] (World Bank, 2014)

Country	% GDP
Afghanistan	8.3
Austria	11.0
Brazil	9.5
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## Myanmar's Health System

- Dramatic shift politically since 2010
  - Constitution
  - Liberalisation of some political systems
  - Democratic elections (?)
  - Overall Healthcare System Performance
    - 190/190 (WHO, 2014)



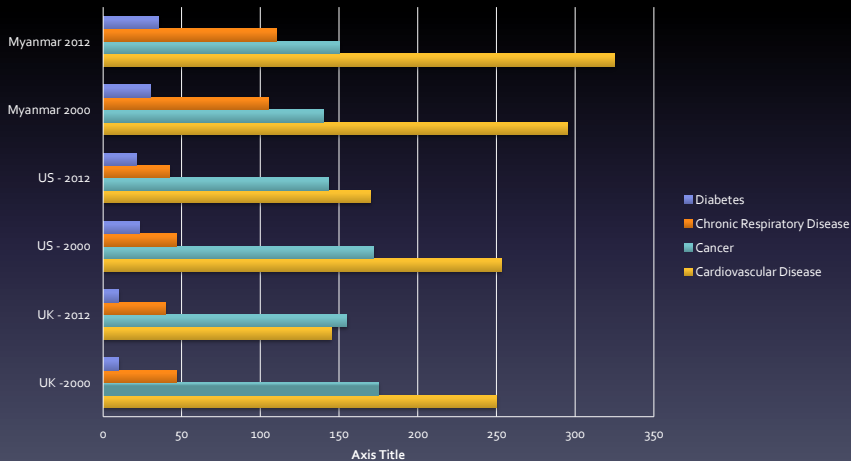
# Healthcare Issues - Myanmar

- Malaria & Drug Resistant Malaria
- Tuberculosis (TB) and Drug Resistant TB
  - 18.4% Over-weight
  - 4.8% Smoke
  - 51% Chew Tabaco
  - 19% Heavy episodic drinkers
- Trauma accounts for 27% Non-communicable Diseases (NCD)
  - Cardiovascular disease, cancer, diabetes, chronic lung disease
    - Between age 30 – 70 – Probability of death = 24%
    - USA = 14%
    - UK = 12%



## WHO (2014) Non Communicable Diseases [NCD] Profile

Age-standardized Death Rates





## Mental Health & Myanmar (WHO-AIMS Report – 2006)

- Mental Health expenditure approximately 0.3% of total healthcare expenditure
- Hospitals take approximately 87%
- 25 Outpatient units
- 17 community based psychiatric inpatient units
- Human resources
  - 89 psychiatrists
  - 4 Psychologists



## Most common Treatment Approaches

- Antipsychotics
- Antidepressants
- Mood stabilisers
- Anxiolytics
- Anti-epileptics



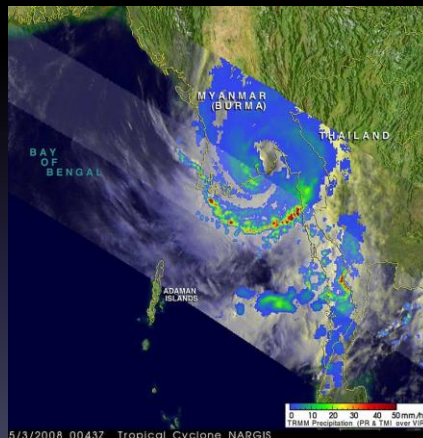
# Mental Health Training

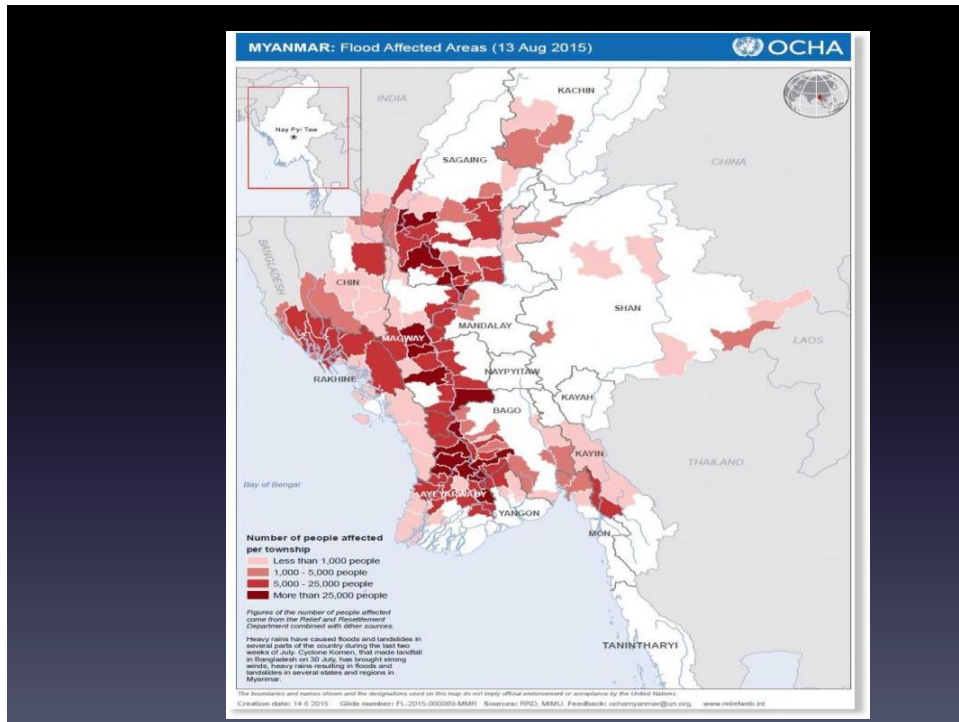
- 1% training for medical doctors relates to mental health
- Refresher trainers consist of 2 days - 1/3
  - Pharmacology
  - Psychosocial
  - Child and Adolescent



# Mental Health Care in Myanmar

- Natural Disasters: Cyclones, Floods, Tsunami, Landslides
  - Cyclone Nargis (2008)
    - 140,000 died
    - 2.4 million affected
- Human Disasters: War on minority groups (50 years), Massacres, Violence, Crime, RTC, HIV, etc.
- Corruption & Mismanagement





## Developing Mekong Project II

- Establishment of Trauma Capacity Building Services from Myanmar & Cambodia
- Aim: Mental Health (Trauma) Focused capacity building
- History Mekong Project I
  - Thailand, Indonesia, Cambodia,



# Field Visit – Yangon (2012)

- Government representatives, NGO organisations, Academics
- Screening/ Assessment Tool – Children’s PTSD Checklist [N=400 children]



## Mekong II Field Study Data – Youth Self-Report (YSR) & Child Behaviour Checklist (CBCL) Field Data [N=400]

Sub-scales	%
Anxious/ Depressed	56
Withdrawn/ Depressed	46
Somatic Complaints	16
Social Problems	45
Thought Problems	15
Attention Problems	16
Rule-breaking Problems	6
Aggressive Behaviours	18
Internalising	73
Externalising	28
<b>TOTAL</b>	<b>53</b>

## Project Details

- Application submitted to Terre des Hommes Deutschland = €1.2 million
- Project – March 2015 – March 2017
- Myanmar – Cambodia
- Demonstration on impact
- Host Country – **Thailand & Cambodia**
- 32 Participants (Myanmar)
  - >50% employed by Mekong Project II



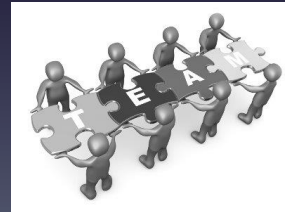
## Project Stakeholders

- Trauma Aid Germany
- University of Worcester (UK)
- Trauma Aid Europe (formerly EMDR Europe HAP)
- EMDR National Associations
  - Thailand, Indonesia, Cambodia



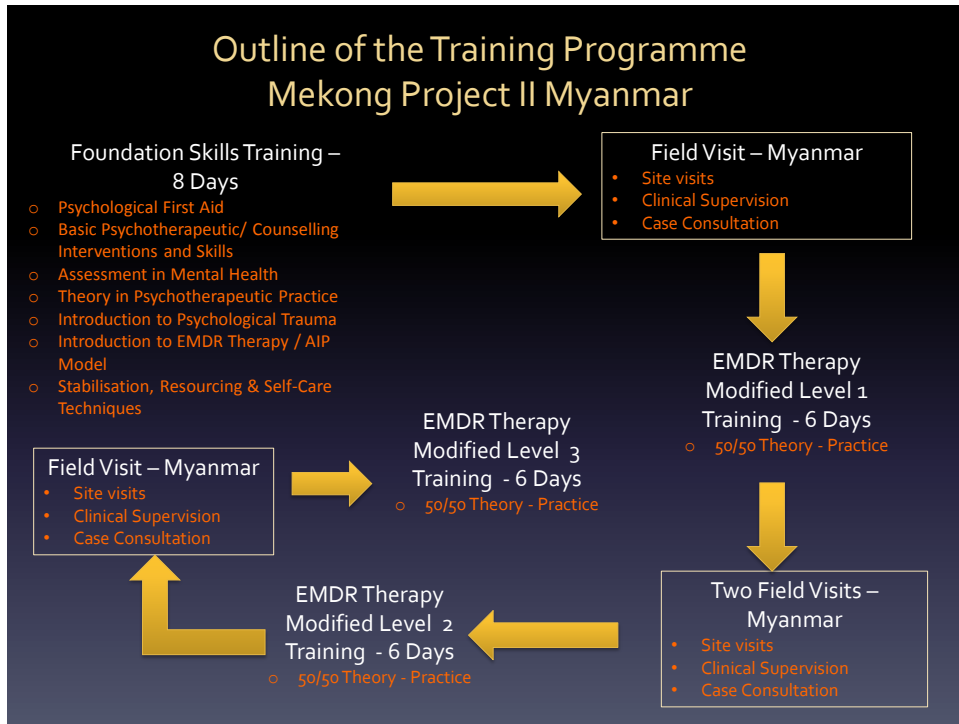
# Mekong Project II - Training Team

- Ute Sodemann & Peter Bumke - Project & Logistics Co-ordinators
- Derek Farrell – Chief Trainer (Europe)
- 2 EMDR Asia Trainers – **EMDRIA & EMDR Europe**
- 1 EMDR Asia Trainer in Training
- 4 EMDR Asia Consultants in Training (Senior)
- 12 EMDR Asia Consultants in Training (Junior)
- 1 Researcher
- 2 PhD Projects
  - Students (University of Worcester)



# Mekong Project II Goals

1. To make the non-Asian aspects of the training redundant as effectively and efficiently as possible
2. EMDR Trainings within Trainings
  - Trainers in Training, Consultants, Facilitators, Practitioners
  - EMDR Europe Accreditation Criteria
3. European Evidence
  - – National Trainer + Association = Sustainable Growth



## Outline of the Training Schedule

- Morning – Theory (Simultaneous translation)
  - Afternoon – Practice
  - Late Afternoon – PODS (Points of Discussion)
  - Evening – Two independent meetings
    - Training Team Meeting (Trainers & Facilitators)
    - Myanmar Participants Meeting (Own Language)
  - Revision of next days teaching and learning
- Daily Feedback

## EMDR Therapy Trainings within Trainings

EMDR Therapy Participants Training

EMDR Therapy Facilitator Training

EMDR Therapy Consultant Training

EMDR Therapy Trainers in Training

## Points of Discussion (PODS)

- Groups of 4 with 1(2) Facilitators
- Open discussion in indigenous language
- Generate questions
- Enhance reflection
- Consider specific training needs





## Participant Centred Training – POD Focussed

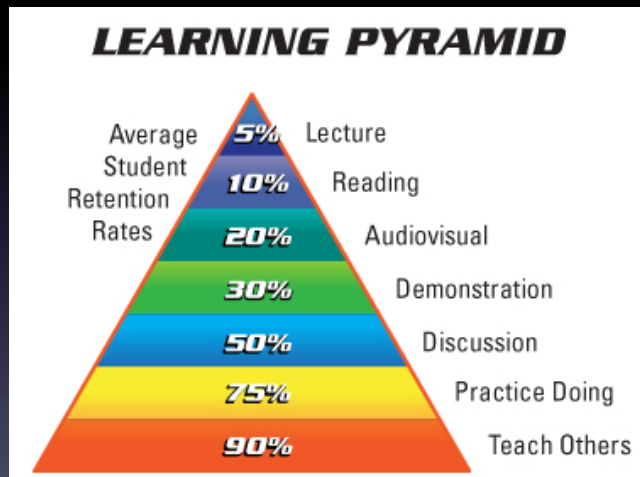


## Primary Objective of the Training Programme

- Adapting the Training to meet the participants teaching and learning needs



## Teaching & Learning of EMDR Therapy within a Humanitarian Context



### Our expectations of the participants

- Making a commitment
- Getting as much as possible from the experience
- Networking with fellow Asian and international colleagues
- Expectation to practice (bono fide = 20 hours)
- **Contribute to on-going research and evaluation**
- Making a difference in Myanmar
- Playing no small part in making the world a 'safer place'

# Participant Objectives

- Daily Reflective Diary
  - Description
  - Feelings
  - Evaluation
  - Analysis
  - Conclusion
  - Action Plan



Gibbs Reflective Cycle (1988)

# Challenges

- Extremely labour intensive – long days
- Active use of facilitators as integral members of the teaching & learning experience
- Language
- Teaching and Learning style
- Previous training experience – medical model
- Status & hierarchy – asking questions
- Reflection process
- Teaching & learning content material
- Diversity with the participant group



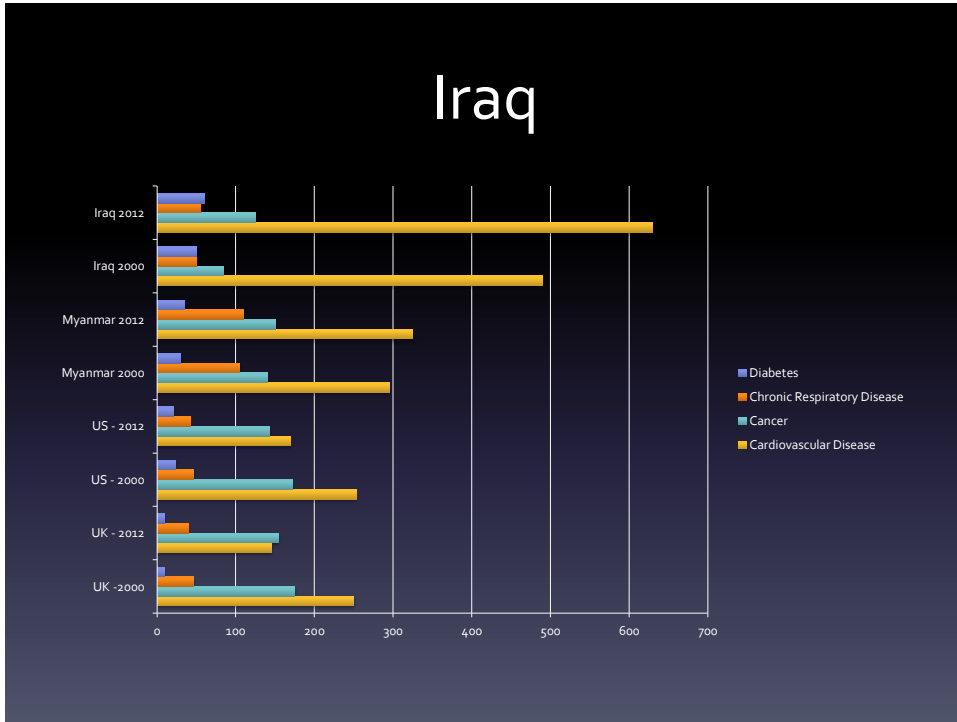


Kurdistan – Northern Iraq

## THE CASE OF THE YEZIDI

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## EMDR Therapy Training in Kurdistan. Northern Iraq

- Collaborative project
  - Terres des Homme, Jiyan Foundation, Free Yezidi Foundation, University of Worcester, Trauma Aid Germany, Trauma Aid Europe
- Funding
  - \$150,000 GUCCI
  - €50,000 Terres des Homme
- Timeline
  - Free Yezidi Foundation Centre – Khanke Camp
  - EMDR Therapy Training commences in November 2015 – Jiyan Foundation
  - 24 staff from Jiyan Foundation – Already trained in psycho-traumatology



# Conventional EMDR Therapy Training – Humanitarian Context

- Jiyon Foundation – covers ALL trauma populations – all over Iraq
- Modified Level 1, 2 & 3 (6 Days) – 5 months apart
- Clinical Supervision & Consultation
- Collaborative Partnership: Free Yezidi Foundation Centres
- Project commenced November 2015
- PhD Study set up within the project

What implications does this create regarding the teaching and learning of EMDR Therapy?

- The conflict with Islamic State
- Two Treatment Models
  - German External Model [€94 million]
  - Internal Model – Trauma/ Mental Health Capacity Building



# Trauma Capacity Building

- More research publications about Trauma Capacity Building
- Template WHO (2013) Guideline on Stress
- Reinvention of the wheel

## Contact Details

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