Your last chance to experience:

The Art of EMDR

Workshop/retreat med

Roger Solomon og Bjørn Aasen

RØROS 7. – 10. september. 2027

For the 15th and final time, we invite you to The Art of EMDR, a practical clinical workshop for EMDR therapists who have completed Level 2 training. The aim is to broaden your therapeutic repertoire and become a more effective EMDR therapist.

Roger Solomon, PhD, Senior Trainer, EMDR Institute, trainer since 1992.

Bjørn Aasen, EMDR Europe Accredited Senior Trainer.

Topics we will work on include:

Observing, understanding and fine-tuning the interaction with the client.

Advanced use of bilateral stimulation, timing, selection of the target, context, and negative and positive cognitions.

Working with non-verbal aspects of processing.

Working with safety, resource development and strength.

We use demonstrations and, above all, practical exercises. Participants work with one another, as in basic training, but this time with more time available and more experienced therapists. The workshop may therefore also offer significant personal therapeutic benefits. Participants decide for themselves whether to process more serious issues or use less distressing experiences for demonstration and practice.

The strength of this teaching approach is the hands-on supervision provided while participants work. The format enables us as supervisors to offer precise feedback tailored to each participant’s level of experience.

Completion of Level 2 training is required. Participants may have widely varying levels of experience. You do not need to be a master of EMDR, but some experience is desirable; this is not a basic training course.

PROGRAMME

Tuesday, 7 September
16:30–20:00 Workshop overview.
20:00 Two-course dinner.

Wednesday, 8 September
09:00–13:00 Demonstration. EMDR in complex cases. Practicum.
13:00–17:00 Lunch and free time.
17:00–19:00 Practicum and discussion.
20:00 Guided tour and gala dinner at Aasen Farm, the birthplace of Røros.

Thursday, 9 September
09:00–13:00 Complex trauma and dissociation. Video demonstration. Practicum.
13:00–17:00 Lunch and free time.
17:00–19:00 Practicum and discussion.
20:00 Gala dinner.

Friday, 10 September
09:00–13:00 Practicum and closing session.
13:00–14:00 Lunch.

The programme is provisional and, as always, will be tailored to the group. Minor adjustments may also be necessary due to changes in transport schedules.

We work in the morning and late afternoon, leaving time to explore the streets of the old mining town, go shopping (which can be therapeutic), visit a café or relax in the hotel spa



On Wednesday evening we visit Aasen Farm, Bjørn's home. The farm was established around 1620 by Hans Aasen, who discovered the copper ore.

There will be a guided tour followed by a gala dinner at the farm.

What previous participants say about the workshop:
"I wholeheartedly recommend this workshop. I have now attended two years in a row, and it has truly been an experience. I mean not only the workshop itself, but also the setting, with excellent dinners, a horse-drawn sleigh ride and a visit to Aasen Farm. The food was truly exceptional, and the social aspect was quite unique compared with other courses I have attended. The workshop was also highly educational. I received excellent supervision in practising the method myself. It has certainly helped me become a better EMDR therapist. Not least, I learned a great deal from having others use EMDR with me. This workshop requires a high degree of active participation. My suggestion for future workshops is to prepare participants in advance for this, including the need to draw on themselves and their own experiences. This is not a workshop where you can expect to be a passive participant. It is precisely this active participation that makes it unique. My days in Røros strengthened my confidence in the method and inspired me to continue with EMDR."
Kind regards, Janne Ekeberg Amundsen, psychologist.

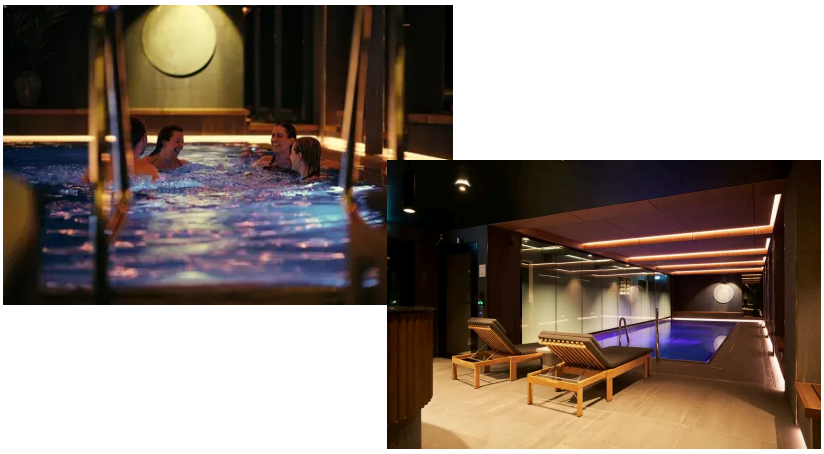
"This is the best course I have ever attended! It offered a genuine opportunity to deepen my understanding of the method and enabled me to practise EMDR much more effectively, with better results than before.
The organiser made the most of everything Røros has to offer, creating a setting for the workshop that could not be replicated anywhere else."
Kind regards, Jan Gimse Arfeldt, psychologist.

"I just wanted to say how much I gained from the days in Røros. The week now drawing to a close has included my best therapy sessions so far, three of them on the same day. On Wednesday I saw a new client, a woman with severe relational trauma. Instead of feeling

Bergstadens Hotel & Spa

Located in the historic centre of Røros, 200 metres from the bus and railway station, the hotel offers comfortable rooms, a restaurant, a bar and an inviting spa and wellness area.





The spa is free of charge for hotel guests.

Røros

Røros is a historic mining town dating back to the 17th century, known for its distinctive wooden buildings and rich cultural heritage. The town and surrounding area are inscribed on the UNESCO World Heritage List and provide an atmospheric setting for the workshop.

We work in the morning and late afternoon, leaving time to explore the streets of the old mining town, go shopping (which can be therapeutic), visit a café or relax in the spa.

Registration

Workshop fee: NOK 9,900.
Register by 1 July by emailing Bjørn Aasen bjaasen@roros.net.
Please provide your place of work, telephone number, billing address and purchase order number/cost centre/ reference.

Hotel

Full board in a single room: NOK 8,880 per person for three nights (NOK 6,795 per person sharing a double room).
Lunch and dinner for non-residents: NOK 3,960.

Accommodation and meals must be booked and paid for directly with the hotel:
Bergstadens Hotel & Spa
Tel: +47 72 40 60 80
or email: **post@bergstaden.no**
Reference: The Art