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## MHE MEMBERS WEBINAR 1

### The role of trauma and stress in mental health

**When:** 1<sup>st</sup> March 2022, 10.00-11.30 CET

**Where?** Join Zoom Meeting

<https://us06web.zoom.us/j/88592125825?pwd=QTIsTy9SSi82UDNDczVheDRxQVJFUT09>

Meeting ID: 885 9212 5825

Passcode: 810632

**Who for?** All MHE members

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSdujolAK\\_Xblpa\\_fsJoAV-hqaDC8lGtiwnObCWWE9g25wLqqA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdujolAK_Xblpa_fsJoAV-hqaDC8lGtiwnObCWWE9g25wLqqA/viewform?usp=sf_link)

**For any questions, please contact Liuska Sanna at** [Liuska.sanna@mhe-sme.org](mailto:Liuska.sanna@mhe-sme.org)

<b>TOPIC OF THE WEBINAR:</b>
<u>Part I</u> The role of trauma and stress in mental health and overview on new research related to traumatic experiences. In the last years a large body of publications have highlighted the effects of stress and trauma as predisposing and precipitating factors of psychological problems. This perspective is very useful in order to promote prevention and give relief to the consequences of these factors. Q&A session
<u>Part II</u> The role of EMDR therapy in recovering from trauma and stressful experiences. Q&A session
<b>THE WEBINAR IS PARTICULARLY INTERESTING FOR:</b>
People with mental health problems and psychosocial disabilities Service providers in mental health Families, informal caregivers and supports Population in general
<b>MHE MEMBER LEADING: EMDR EUROPE</b> <a href="https://emdr-europe.org/">https://emdr-europe.org/</a>
EMDR Europe is the official professional association of National EMDR Associations, establishing, maintaining and promoting the highest standards of excellence and integrity in EMDR therapy practice, research and education throughout Europe. EMDR is an evidence-based integrative psychotherapy for Posttraumatic Stress Disorder (PTSD) and of other psychiatric disorders, mental health problems, and somatic symptoms.  <b>Isabel Fernandez</b> is a clinical psychologist working in Milan. Currently, she is Director of the Psychotraumatology Research Center of Milan and has published many papers, articles and books on trauma, EMDR and other topics. She is chairman of the Italian EMDR Association and President of EMDR Europe Association and a member of the Board of Directors of the Italian Federation of Scientific Psychological Societies. She has been a member of the Standing Committee Trauma and Disasters and the Board Prevention and Intervention (of the European Federation Psychological Associations) from 2005 to 2014. She has organized interventions with EMDR in mass disasters and has worked in cooperation with Civil Defense, Military and Law enforcement and Fire workers to provide psychological support and trauma treatment for emergency workers. She trains graduates students and clinicians in trauma, EMDR and crisis intervention in Italy and Spain. She has made research and published on Post-traumatic stress reactions in children and adults in emergency settings and mass disasters.