

EMDR

1. [Mark Brayne and Jamie Marich using EMDR online video](#), 2 hours w. demonstration
2. Online EMDR vis APS (Australia), free

Registration

The eventcode is 21452. You can register for this event on the APS events calendar:

<https://www.psychology.org.au/Event/21452?view=true>

To register for this event, please enter your APS User ID. If you do not have one, simply create an account as part of the registration process. You will be emailed your user ID, which can then be used for any future APS events.

After the 12th of April 2020 you can find view the recording on our website

<https://groups.psychology.org.au/emdr/cpd-events/>

3. Dr. Jarero's Self Care Video For Frontline Workers, 7 minutes

<https://www.youtube.com/watch?v=BGI5QOFHtbE&feature=youtu.be>

4. Sarah Schubert (EMDRAA Child Trainer), 30 min.

<https://youtu.be/mAah57BUwZs>

(very similar to the Mark Brayne/ Jamie Marich video in regards to technical details)

EMDRIA guidelines

<https://www.emdria.org/page/CoronavirusClinicalResponse>

TELEHEALTH only

Working therapeutically with zoom rather than how to do EMDR

<https://www.yourpracticecoach.co.uk/zoom-training-video>

For information Tele-psychology resources from Ken Pope in USA

<https://kspope.com/telepsychology.php>

NON-EMDR: Improve wellbeing

Yale's course on the science of well being is offered for free right now - wonderful gift to us all.

<https://www.coursera.org/learn/the-science-of-well-being?>

Help for Parents COVID19 on Vimeo , 30 min.

<https://vimeo.com/401349222>