



EMDR EUROPE WORKSHOP CONFERENCE 2026

Unlocking the Power of AIP

5 - 7 June 2026
OSLO NOVA SPEKTRUM, NORWAY



QUICK REFERENCE TIMETABLE

The detailed programme is available on the [official website](#) and on the [Mobile App](#).

FRIDAY JUNE 5TH

- 17:15 - 18:15 Opening & Welcome - Olivier Piedfort-Marin
- 18:15 - 18:45 David Servan Schreiber Award
- 18:45 - 19:45 Keynote - Bjørn Aasen
- 19:45 - 21:00 Welcome Reception

SATURDAY JUNE 6TH

- 9:00 - 10:30 Parallel Workshops
- 10:30 - 11:00 Break - Exhibitors' Stands And Poster Boards
- 11:00 - 12:30 Parallel Workshops
- 12:30 - 14:00 Lunch Break
- 14:00 - 15:30 Parallel Workshops
- 15:30 - 16:00 Break - Exhibitors' Stands And Poster Boards
- 16:00 - 17:30 Parallel Workshops
- 17:45 - 18:00 Francine Shapiro Award
- 18:00 - 19:00 Keynote - Helinä Häkkänen
- 19:30 - 23:00 Conference Dinner

SUNDAY JUNE 7TH

- 9:00 - 10:30 Parallel Workshops
- 10:30 - 11:00 Break - Exhibitors' Stands And Poster Boards
- 11:00 - 12:30 Parallel Workshops
- 12:30 - 14:00 Lunch Break
- 14:00 - 15:30 Parallel Workshops
- 15:30 - 16:00 Break - Exhibitors' Stands And Poster Boards
- 16:00 - 17:00 Keynote - Bo Søndergaard Jensen
- 17:00 - 17:30 Closure

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WELCOME



Dear Colleagues,

EMDR Europe goes up North!

This year for the first time the EMDR Europe annual Conference will take place in a Nordic country, Norway. EMDR Norway is a successful Association with the highest rate of EMDR Europe Accredited Practitioners in Europe. We are happy to celebrate the 25th Anniversary of EMDR Norway and its great success on this occasion.

The theme of the conference, proposed by Norwegian Senior EMDR trainer Bjørn Aasen, brings us to our fundamentals as EMDR therapists: the Adaptive Information Processing model and how to unlock the AIP, how to free the AIP for the best possible outcome of EMDR therapy. While there are many adaptations of the EMDR standard protocol and many integrations of EMDR therapy with other methods, one thing remains or should remain the core of our work when we conceptualize our clients' clinical presentations and we help them improve: the Adaptive Information Processing model.

The Scientific Committee, chaired by Michael Hase, has prepared a program of workshops that covers a wide range of clinical applications of EMDR therapy. This Conference is a Workshop Conference: half-day and full-day workshops will give the participants the

opportunity to go in depth in the different clinical presentations, and are addressed specifically to clinicians. This year for the first time in the selection process of the workshops, the EMDR National Associations were asked to propose the best presenters of their respective country. Out of these proposals, the Scientific Committee selected classical and innovative themes to cover the needs of both EMDR therapists in the process of accreditation and experienced ones, with two main goals: to empower the attendees and to enrich them with practical tools in EMDR therapy.

The Conference Committee, chaired by Beatrice Strock, is leading on all the organizational aspects of the Conference, in close collaboration with Kuoni. The Conference Committee is working hard to make sure your attendance to this conference is not only interesting workwise but also a joyful, fun and rich human experience. The Conference Committee wants you to leave Oslo with great memories of the time spent sharing your enthusiasm for EMDR with colleagues from all around the world.

There are many good reasons to visit Oslo and its surrounding: a modern city in the middle of preserved nature, popular traditions, the long June nights, and more. You can take the opportunity of the EMDR Europe conference to visit this beautiful city and be energized when you return to your practice, knowing you have acquired new knowledge and skills and are part of a large European community of EMDR therapists.

The whole team working on the conference is eager to meet you in Oslo!

Olivier Piedfort-Marin Ph.D.
President of EMDR Europe Association

EMDR CONFERENCE COMMITTEE (ECC)



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KEYNOTES

ABSTRACTS AND BIOGRAPHIES

IS THIS AN EMDR PATIENT ? HOW UNDERSTANDING AIP OPENS UNSEEN POSSIBILITIES FOR REPROCESSING

Friday 5 June 2026 | 17:15 - 19:45 | Hall B4 | Following Opening & Welcome
Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.



BJØRN AKSEL AASEN

Bjørn Aksel Aasen is a Norwegian clinical psychologist and EMDR Europe Accredited Senior Trainer. He has practiced EMDR since 1994 and has been a trainer since 2006. Aasen has served as an active board member of EMDR Norway and was a long-standing member of the EMDR Europe Standards Committee. He has provided basic EMDR training in Norway, Denmark, Sweden, and Tanzania, as well as numerous presentations and specialized workshops across Europe and Asia. His teaching covers a wide range of topics, including dissociative disorders, addiction, ongoing trauma, recent events, achievement, and supervision. More recently, his focus has been on sharpening the understanding of the Adaptive Information Processing (AIP) model and broadening the scope of EMDR therapy applications.

Abstract

How understanding the basis of the AIP model makes it possible to utilize EMDR Therapy across a very broad range of disorders. EMDR processing is frequently underused, and a transdiagnostic perspective provides a better vehicle for grasping the many opportunities to use BLS processing.

While EMDR has become a well-established psychotherapy for PTSD, clinical supervision often reveals that many practitioners overlook how the Adaptive Information Processing (AIP) model — and EMDR therapy itself — can be effectively applied across a much wider range of disorders and clinical presentations. This presentation explores how unprocessed and Pathogenic memories shape maladaptive behavioural and emotional patterns, and how recognizing these dynamics helps therapists identify meaningful targets for reprocessing.

By broadening the understanding of AIP, practitioners can overcome blind spots, move beyond a narrow trauma definition, and discover the full adaptive potential of EMDR therapy across diverse clinical contexts.

KEYNOTES

ABSTRACTS AND BIOGRAPHIES

EMDR THERAPY WITH CLIENTS IN LEGAL PROCESSES: SAFETY, STABILITY, AND EMPOWERMENT

Saturday 6 June 2026 | 17:45 - 19:00 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.



HELINÄ HÄKKÄNEN

Helinä Häkkänen, PhD, is a psychologist, psychotherapist, and EMDR Consultant from Finland. She is the founder and managing partner of Mindroot Ltd, a private psychology and psychotherapy company, where she works with clients and provides supervision and training in EMDR therapy and trauma-informed practice. Helinä holds adjunct professorships in criminal psychology at the University of Helsinki and in legal psychology at the University of Eastern Finland. She has led the Legal Psychology Research Team at the University of Helsinki's Faculty of Medicine for two decades. From 2002 to 2011, she served as a senior researcher for the Academy of Finland at the Finnish National Bureau of Investigation, and from 2011 to 2020 she was the founding partner and CEO of a law and psychology firm. Her scientific work includes more than 60 peer-reviewed publications and several books, including *Psychopathy and Law: A Practitioner's Guide* (Wiley, 2012) and the bestseller *Profiler* (Bazar, 2025). Helinä's research and teaching have focused on violent behavior, trauma, witness psychology, psychopathy, and the application of EMDR in legal and clinical contexts. She has been an invited expert to the Finnish Parliament in drafting the anti-stalking legislation and has served as an expert witness in numerous criminal cases, including the Liberia war crime trial. She also consults the International Criminal Court on the use of EMDR in witness preparation.

KEYNOTES

ABSTRACTS AND BIOGRAPHIES

EMDR THERAPY WITH CLIENTS IN LEGAL PROCESSES: SAFETY, STABILITY, AND EMPOWERMENT

Saturday 6 June 2026 | 17:45 - 19:00 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Abstract

Legal proceedings can be profoundly stressful life events that may elicit or exacerbate trauma-related symptoms in plaintiffs, defendants, and witnesses. Elevated stress, anxiety, and post-traumatic reactions may influence individuals' behaviour and narrative coherence during investigations and court hearings, thereby affecting how their credibility and reliability are evaluated by legal authorities.

This presentation examines the clinical use of EMDR therapy within ongoing legal processes, emphasizing client safety, stability, and empowerment. Drawing on both clinical practice and empirical findings, several stages of EMDR intervention are outlined—from preparatory work prior to police hearings to the targeted processing of emotional reactions associated with court judgments. This method has been developed in collaboration with legal authorities, including the International Criminal Court, to promote trauma-informed justice practices.

Findings from a pilot study on EMDR-based witness preparation and a survey of police officers' attitudes toward EMDR in investigative contexts will be presented. The presentation also addresses questions of memory reliability and the retrieval of previously inaccessible memories (e.g., after amnesia in cases of child

sexual abuse) before and after EMDR therapy. Ethical, procedural, and methodological considerations related to the application of EMDR in legal contexts are discussed, with attention to timing, safety, and professional boundaries.

Trauma-informed approaches are proposed as vital for supporting clients' psychological well-being and enhancing the fairness and accuracy of judicial proceedings

KEYNOTES

ABSTRACTS AND BIOGRAPHIES

ENHANCING EMDR REPROCESSING

Sunday 7 June 2026 | 16:00 - 17:15 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.



BO SØNDERGAARD JENSEN

Bo Søndergaard Jensen is a licensed clinical psychologist and specialist in adult psychotherapy and psychotraumatology with over two decades of experience in the assessment and treatment of post-traumatic stress disorder (PTSD), complex trauma, and refugee mental health. He currently works at the Clinic for PTSD and Anxiety at Aarhus University Hospital, Skejby, where he provides advanced psychological care for Danish veterans, trauma-affected refugees, and individuals with severe PTSD. Bo holds a Master of Science in Psychology from Aarhus University (2003) and has earned specialist and supervisory certifications in evidence-based trauma therapies, including EMDR (Supervisor), Prolonged Exposure (Trainer and Supervisor), Narrative Exposure Therapy (NET), and psychotherapy supervision at the specialist level. His clinical and research work integrates neurobiological, psychotherapeutic, and innovative digital interventions for trauma. He is co-developer of a clinical study on the use of intermittent Theta Burst Stimulation (iTBS) as an adjunct to EMDR for treatment-resistant PTSD and has contributed to pioneering research on Virtual Reality Mental Hygiene (VRMH) as a tool to reduce psychosocial stress during long-duration space missions, including the ESA Huginn mission. Bo has co-authored several peer-reviewed publications on trauma assessment and treatment, including studies in the *Journal of Space Exploration*, *International Journal of Environmental Research and Public Health*, *Case Reports in Psychiatry*, and *The Journal of the Danish Medical Association*. He has also contributed to the development of the Danish Trauma Database for Refugees (DTD) and served as an independent assessor in PTSD clinical trials.

KEYNOTES

ABSTRACTS AND BIOGRAPHIES

ENHANCING EMDR REPROCESSING

Sunday 7 June 2026 | 16:00 - 17:15 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Abstract

Eye Movement Desensitization and Reprocessing (EMDR) effectively treats PTSD, yet a subset of patients experience stalled processing during EMDR: affect flooding, numbing/dissociation, or flat Subjective Units of Distress (SUD) trajectories. Contemporary models link these stalls to imbalance across three brain networks—the salience network (detects what's important), the central executive network (focus/working memory), and the default mode network (self/memory).

Transcranial magnetic stimulation (TMS) may enhance processing in EMDR therapy by modulating brain activity and plasticity, particularly in areas involved in emotion regulation, memory processing, and executive function. TMS delivers magnetic pulses that stimulate or inhibit targeted brain regions, such as the dorsolateral prefrontal cortex (DLPFC), which is critical for regulating the limbic system hyperactivated in trauma-related disorders like PTSD.

This modulation can improve cognitive and emotional control, thereby potentially boosting the therapeutic effects of EMDR by enhancing memory reconsolidation and emotional processing. Specifically, EMDR therapy works by reprocessing traumatic memories and in-

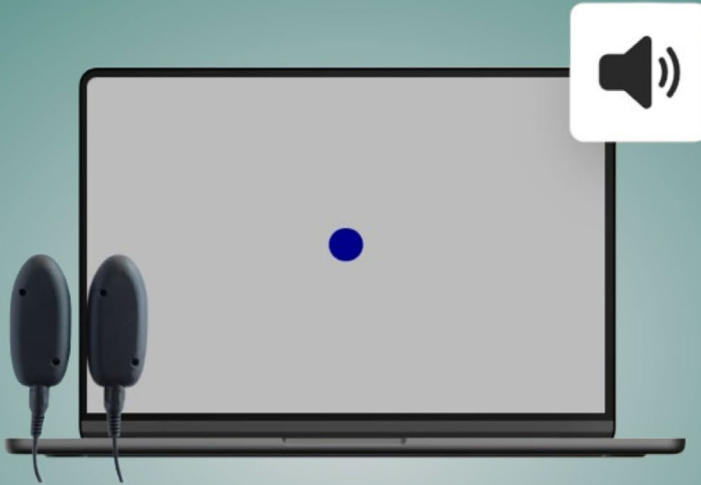
volves brain areas related to visual processing and memory integration. TMS can complement this by increasing cortical excitability and synaptic plasticity, potentially facilitating the neural pathways engaged during EMDR sessions.

Combining non-invasive brain stimulation with EMDR can all so reveal the brain structures and circuits that drive processing in EMDR. In summary, TMS can enhance EMDR therapy by:

- Increasing cortical excitability and synaptic strength in key brain regions
- Modulating connectivity in neural circuits underlying trauma processing and emotional regulation
- Potentially improving memory reconsolidation and inhibitory control during trauma reprocessing

This combined approach is still under investigation, but evidence supports the idea that TMS might boost EMDR's efficacy by creating a more receptive neural environment for therapeutic processing.

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WORKSHOPS' ABSTRACTS

Only the presenting authors are listed under each abstract. Full abstracts, including the complete list of authors, can be found in the [Mobile App](#) and [Programme](#). Where pictures have been provided, these are also published there.

FROM IMAGINARY FRIEND TO DISSOCIATION – AIP- INFORMED EMDR CONCEPTUALIZATION IN COMPLEX CASES

Saturday 6 June 2026 | 9:00 - 12:30 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Children and adolescents often present with overlapping symptoms such as intrusive imagery, dissociation, and psychotic experiences, challenging clinicians to differentiate trauma-related processes from early psychosis. The Adaptive Information Processing (AIP) framework offers an integrative way to conceptualize these phenomena as manifestations of dysregulated memory networks rather than categorical disorders. This advanced workshop demonstrates how AIP-based case formulation guides assessment, safety planning, and EMDR treatment in complex cases. Using clinical vignettes, participants will explore distinctions between imaginary companions, trauma-related intrusions, dissociative states, and early psychotic features. Step-by-step strategies for titrated EMDR processing and stabilization will be introduced. Participants will learn how to maintain therapeutic safety, adjust EMDR protocols, and decide when to process, pause, or refer—without abandoning the AIP perspective.

Unlocking the power of AIP here means accessing fragile networks carefully and respectfully, while preserving the integrity of both the client's sense of reality and the therapist's clinical boundaries.

Learning Objectives

1. Differentiate imaginary friends, dissociation, trauma intrusions, and psychotic-like symptoms within the AIP framework.
2. Apply AIP-informed case formulation to guide clinical decisions in complex cases.
3. Implement stabilization and titration strategies for high-risk presentations.
4. Identify indicators for supervision and interdisciplinary collaboration.

Target Audience / Level

Advanced EMDR practitioners, child & adolescent psychiatrists, trauma therapists, clinical supervisors.

Methods

lecture, case vignettes, decision-tree exercises, group discussion.

Keywords

AIP, EMDR, dissociation, psychosis, imaginary friend, differential diagnosis, safety, stabilization



KERSTIN STELLERMANN-STREHLOW

KST-Traumahilfe, www.kst-traumahilfe.de, Lüneburg, Germany and University Clinic of Saarland

WORKSHOPS' ABSTRACTS

THE EMDR TOOLBOX METHOD (ETM): AN AIP-BASED METHOD FOR COMPLEX CLIENTS

Saturday 6 June 2026 | 14:00 - 17:30 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

This workshop introduces the foundational principles of the ETM (EMDR Toolbox Method), a clinical and operational framework developed through systematic clinical observation and practice. The ETM represents an extension and systematization of Knipe's EMDR Toolbox, integrating his tools and theoretical contributions into a unified and coherent model. Developed in accordance with the AIP model (Adaptive Information Processing), the ETM enriches both the theoretical foundations of the AIP framework and the operational application of EMDR therapy, particularly for complex trauma cases.

From an operational perspective, the ETM pursues three main objectives

1. To conceptualize the client's internal personality system following trauma providing an AIP-based parts model (the Ovals tool).
2. To guide EMDR interventions across a broad spectrum of clinical presentations, including complex trauma.
3. To illustrate a perspective for systematizing the specific features of some EMDR operational tools, including Knipe's additional tools, which can be helpful in selecting the appropriate tools during therapy.



MANUELA SPADONI

EMDR Italy Association

The workshop will present

- An AIP-based parts model to support conceptual understanding and clinical application.
- A visual mapping tool (Ovals Tool) specifically designed for AIP-based parts work.
- Criteria for constructing operational therapeutic directions, facilitating structured and effective reprocessing strategies.
- A proposal for standardized terminology to enhance clarity and consistency in clinical practice.

Didactic methods

The didactic approach combines theoretical presentation with clinical case examples, including excerpts from session transcripts, allowing participants to directly observe the application of ETM principles in therapeutic practice.

Learning Objectives

By attending this session, participants will:

- Gain an overview of the ETM as a structured approach for working with complex trauma.
- Examine the parts model proposed by the ETM to support the conceptual understanding of clients' internal personality systems.
- Understand the use of a visual mapping tool (Ovals Tool), specifically designed for AIP-based parts work, as a practical application of the parts model.
- Learn criteria for constructing operational therapeutic directions, facilitating structured and effective reprocessing.
- Review a proposal for standardized terminology aimed at enhancing clarity and consistency in clinical practice.

WORKSHOPS' ABSTRACTS

TREATMENT OF TRAUMATIC ATTACHMENT TO A PERPETRATOR USING EMDR THERAPY

Saturday 6 June 2026 | 9:00 - 12:30 | Studio N

Background and aims

Trauma-related dissociation often results from childhood abuse and neglect from caregivers. As terrible as the abuse is, what can be even worse is being alone, with no comfort, deepening the fear, shame, guilt, and disorganization of the personality that characterizes complex trauma and dissociative disorders. What can complicate the clinical picture is the attachment to the abuser. The lack of safety and connection to a caregiver, especially in early childhood, can make the child vulnerable to the attention of a perpetrator.

Further complicating the clinical picture is that some victims of abuse experience pleasure, which leads to further shame and guilt. Clients often have conflicting emotions and perceptions about their abusers, with some parts having an idealized view while other parts fearing and/or hating them. Other parts can have a positive attachment to their perpetrator, and not acknowledge the abuse. Other parts will imitate the perpetrator and reenact the abuse with the parts that underwent the original abuse.

Treatment not only has to deal with the trauma of the abuse and neglect by the caregiver, but the traumatic attachment to them. This workshop will focus on core concepts for treating a traumatic attachment to a perpetrator, and how to apply these principles within an EMDR therapy framework. Video clips

of actual sessions will be presented. Note: These video segments will show actual sessions of clients who have been sexually abused, including strong emotional reactions to their abuse that are processed to resolution.

Methods

We analyzed records of treatment sessions to determine an effective and safe treatment strategy to address the above mentioned issues.

Results

EMDR therapy can be used to treat traumatic attachment to a perpetrator effectively and safely with these fragile clients.

Conclusions

The treatment of traumatic attachment to a perpetrator is an issue of utmost importance with these extremely fragile clients, suffering from the sequelae of early sexual abuse and often attachment trauma. EMDR therapy procedures can be used effectively and safely with these fragile clients. Clinicians should be aware of the pitfalls in EMDR therapy with these clients and know how to deal with these. Therefore video demonstration of EMDR therapy sessions will highlight the teaching points. This presentation will give valuable information directing research as well as clinically relevant information for the practitioner.

WORKSHOPS' ABSTRACTS

TREATMENT OF TRAUMATIC ATTACHMENT TO A PERPETRATOR USING EMDR THERAPY

Saturday 6 June 2026 | 9:00 - 12:30 | Studio N

Learning objective

- 1) Understanding of the relevance the special needs of clients exposed to early sexual trauma and attachment trauma
- 2) Being informed on the current status of treatment of traumatic attachment to a perpetrator using EMDR therapy.
- 3) Learning how to use resourcing procedures and how to apply full memory reprocessing using the EMDR standard reprocessing procedure with these clients.



ROGER M. SOLOMON, PHD

EMDR Institute

WORKSHOPS' ABSTRACTS

HOW NARRATIVE CAN UNLOCK PRE-VERBAL TRAUMA AND ATTACHMENT ISSUES IN CHILDREN AND ADOLESCENTS?

Saturday 6 June 2026 | 14:00 - 17:30 | Studio N

Eye Movement Desensitization and Reprocessing (EMDR) Storytelling is a trauma focused treatment that is used by clinicians for infants and younger children with PTSD symptoms. By placing traumatic experiences in a narrative context, while simultaneously taxing the working memory by bilateral stimulation (BLS), the memories can be stored more adaptively and less emotionally charged. This 90 minute lecture will present clinical experience and cases in which EMDR storytelling and narrative techniques have been used as part of a therapeutic process with both younger (3-5 years old) and older children (12 years old) to address preverbal memories. The presentation will illustrate how attachment issues can surface within this kind of work and discuss suggestions on how to intervene to help toward more adaptive information processing. Videos of clinical material in which storytelling is used within a framework of EMDR will be presented. The aim of the presentation is to expand understanding of how EMDR storytelling can be used as an aid in unlocking trauma with children. Another goal is to suggest

the possibilities of using EMDR storytelling also with older children with known preverbal trauma. In the clinical video of the 12 year old a suggestion on how to return to more standard EMDR protocol after having used storytelling as an intervention will also be presented.

Learning objectives are:

Broaden how EMDR storytelling can adapt to the AIP model. See clinical example in how stories can externalize traumatic material safely allowing reprocessing to occur. Broaden the understanding of how EMDR and storytelling can unlock and heal preverbal trauma. Broaden the understanding on how to intervene when working with children with attachment issues. Broaden the understanding of possible use of EMDR storytelling also with older children and preteens.

Key words:

Infants and preteens, EMDR storytelling, preverbal trauma, case example



SAVITA DALSBØE,

Falsens gate 1, 7052 Trondheim, Norway



**PAL VEGARD HAGEN
MD**

Specialist In Clinical Psychology, Hagen & Lyssand Terapi Og Veiledning As, Specialist In Clinical Psychology

WORKSHOPS' ABSTRACTS

EMDR WITH PATIENTS THAT HAVE SENSORY LOSS, INCLUDING PATIENTS THAT ARE PREVERBAL DEAF/DEAF- BLIND – WHAT ARE THE CHALLENGES?

Saturday 6 June 2026 | 9:00 - 10:30 | Studio 2

It is well known that stress-related mental health issues are higher among people with sensory loss in general, and that prevalence of trauma experiences is significantly higher among individuals with sensory loss than in the general population. A Norwegian patient-study found that 85% (N=62) reported trauma related diagnoses (Øhre, Uthus et al. (2015)), and a study by Anderson & Craig (2016) found a high number of deaf-specific traumas- It is comparable findings for individuals with vision impairment (Bonsaksen et al. (2022), Brunes & Heir (2021)). This indicates a vulnerability living with sensory loss when it comes to trauma and stress-related disorders. In Norway, EMDR has been used for the last 18 years in specialized psychiatric out-patient units with sensory loss. We want to share our experiences

and show how EMDR seems to be very useful for many reasons in this population of patients.

The workshop (90 minutes) will demonstrate through cases, videos and roleplay. And we will cover when and how adjustment is needed and when to go with the protocol in EMDR with this heterogenous group of patients.

Learning objectives: using sign-language- interpreters in trauma therapy, EMDR protocol for sensory loss, how Trauma is related to patients with sensory loss, deaf-specific traumas, challenges for the therapists

Keywords: deaf, hard-of-hearing, trauma, EMDR



METTE P UTHUS

Clinical psychologist in family therapy and psychotherapy and head of the Regional out-patient unit for adults with sensory loss at St Olavs Hospital

BRITTA S. BÜRKER

MD, PhD, senior physician, Norwegian National Unit for Sensory Loss and Mental Health Division of Mental Health and Addiction Oslo University Hospital



LONE ABILD GERHARDT

Clinical psychologist and native signer, National Unit of Sensory Loss and mental Health, Oslo University Hospital, Norway

WORKSHOPS' ABSTRACTS

REESTABLISHING THE BRAIN–BODY CONNECTION: INTEROCEPTION IN THE TREATMENT OF COMPLEX TRAUMA WITH EMDR

Saturday 6 June 2026 | 11:00 - 17:30 | Studio 2

Interoception refers to the capacity to direct attention inward and perceive the physiological condition of the body, a fundamental factor in self-regulation (Arnold, Winkelman & Dobkins, 2019). Disturbances in interoceptive processing are common across psychiatric conditions and in individuals with history of trauma, as trauma significantly impacts insular activity and the interoceptive system (Khalsa, Adolphs, Critchley et al., 2018; Simmons et al., 2013). This can lead to a disconnection between body sensations and conscious awareness (Pollatos et al., 2009; Schulz & Voegelé, 2015). Individuals with trauma and dissociation, may experience symptoms ranging from disconnection to overwhelming somatic responses, and difficulties in recognizing and modulating emotional responses may activate rigid defenses, restrict access to memories, and contribute to slower, less effective clinical outcomes.

Understanding interoceptive alterations –and integrating interoceptive principles into Eye Movement Desensitization and Reprocessing (EMDR) standard protocol by refining treatment parameters—can restore brain–body integration and enhance trauma processing. As the relationship between interoception and trauma symptoms advances as a crucial research area, this workshop presents theoretical and practical foundations of interoception, its neurobiological bases, and its implementation within EMDR and the Adaptive Information Processing model.



SUZANA GUEDES

Private Practice, Grupo Hospital Particular do Algarve Portugal

Through theoretical exposition, live and recorded demonstrations, and experiential exercises, participants will deepen their understanding of interoceptive development, learn how enhanced interoceptive awareness can facilitate trauma and dissociative symptoms processing. This approach supports the restoration of disrupted brainbody connections and enhances the sense of safety. The workshop aims to contribute novel insights to existing EMDR mechanisms of action, particularly by integrating interoception.

Keywords:

Interoception; EMDR; Trauma Processing; Adaptive Information Processing.

Learning Objectives:

- Define interoception and describe its neurobiological mechanisms relevant to complex trauma and self-regulation.
- Identify the impact of trauma on the insula and interoceptive processing systems.
- Practice assessing patients' interoceptive awareness.
- Understand where in the EMDR protocol to apply interoception principles to enhance the depth and effectiveness of complex trauma reprocessing.
- Integrate interoceptive awareness strategies to improve treatment outcomes in clients with complex trauma and dissociation.

WORKSHOPS' ABSTRACTS

GROUP STABILIZATION AS A RESOURCE ACTIVATOR, DRIVER OF THERAPEUTIC ENGAGEMENT, AND TIME SAVER IN PUBLIC HEALTH

Saturday 6 June 2026 | 9:00 - 12:30 | Studio 3+4

1. Presentation of research aimed at cultivating interest in a group approach as a possible firstline intervention before beginning individual or group desensitization and reprocessing work.
2. Presentation of a practical assessment tool (SRS Scale), intended to inform the therapist, which measures the participant's level of motivation, commitment to the therapeutic process, security, competence and emotional regulation.
3. Presentation of the Group Safety, Resources and Stabilization protocol (G-SRS) and its therapeutic intervention methods.

Didactic methods

Practice of stabilization exercises, resource activation and gentle confrontation to a trigger in a large group and in small groups

What does the workshop add to standard
The G-SRS protocol may be particularly suitable for people with trauma. In addition to being a real boost to individual therapy, the group process allows us to gather richer and more complex information about how the patient functions in relation to themselves, others, their environment, and their progress within a system. The group experience, within an explicit

therapeutic framework, would allow for emotional sharing that is secure enough to promote an increase in each person's tolerance window, similar to what we might identify as a group tolerance window. This workshop aims to convey a concrete approach, developed over the last nine years, to therapists who wish to set up stabilization and resource activation groups for their patients before the confrontation and individual reprocessing phase. The G-SRS protocol is also recommended prior to trauma reprocessing groups (for example before the EMDR-IGTP or EMDR G-TEP protocol).

5 learning objectives

Consider a group-based approach as a first-line option.
Gain confidence in leaning a stabilization group.
Adapt stabilization exercises for group settings.
Experiment with gentle confrontation to a trigger in a group setting.
Embody a therapeutic stance that supports stabilization work and future confrontation.

Key words:

Group approach, Stabilization, Resources, Time savings



AUDE-ISOLINE PONCET

La Maison Thérapeutique



ANNE-GAËLLE SALOMÉ

La Maison Thérapeutique

WORKSHOPS' ABSTRACTS

EMDR IN PEOPLE WITH DEVELOPMENTAL DISABILITIES AND PTSD

Saturday 6 June 2026 | 14:00 - 17:30 | Studio 3+4

Studies show, that people with intellectual disabilities are 2-3 times more likely to develop trauma and PTSD than the rest of the population. This is partly because they have fewer protective strategies and because they are more easily victimized, by people who are themselves intellectually disabled, as well as episodes of abuse from caregivers they trust. Unfortunately, this is also a group of people who are rarely offered trauma therapy, because there is too little knowledge about successful therapy forms and trauma reactions, in people with intellectual disabilities.

I receive increasingly inquiries from families who want treatment for their relatives. Relatives have been searching for the right trauma therapy for their loved ones for years, but have been met with statements such as: "It can't help because your language is not developed enough," "You will become psychotic if you have to talk about the experience," "It's best to leave the past behind," and many more rejections.

It is my experience that with a modified EMDR approach, it is possible to help these people. I do not believe it is ill will when people with intellectual disabilities are not offered the right treatment. I believe it is about ignorance of trauma therapy and ignorance of trauma symptoms, in people with intellectual disabilities. They are often misdiagnosed as their behavior is assessed rather than the background of the behavior.

I have treated people with intellectual disabilities, with an adapted EMDR approach and with very good results. It is my hope, that together we can inform about these good treatment options for people with intellectual disabilities and thereby provide a better quality of life, for victims of trauma.



DORTE BÆRENTZEN

Hillerød, Denmark, Psychotherapist specializing in EMDR therapy

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WORKSHOPS' ABSTRACTS

GUIDED BY NORTHERN LIGHT: MAPPING TRAUMA-SENSITIVE AND COMPLEMENTARY PATHWAYS FOR EMDR CASE CONCEPTUALIZATION

Sunday 7 June 2026 | 9:00 - 12:30 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Background and aims

The Adaptive Information Processing (AIP) model proposes that dysfunctionally stored and insufficiently processed memories lie at the root of a wide range of mental health conditions beyond Posttraumatic Stress Disorder (PTSD). Case conceptualization that identifies relevant pathogenic mental representations is essential for effective treatment. While case conceptualization in PTSD is relatively straightforward, in other conditions, such as depression and anxiety, the therapist must actively search for crucial underlying memories that plausibly contribute to the symptomatology. In line with Shapiro's AIP model EMDR therapist assume that reprocessing these representations leads to meaningful symptom reduction and, ultimately, improvement in quality of life.

In this presentation, we introduce a trauma-sensitive model for EMDR case conceptualization, operationalized through six structured search strategies aimed guiding therapists from symptoms to relevant mental representations. Depending on the presenting symptom cluster, such as intrusive images, dysfunctional beliefs, maladaptive emotions, or anticipatory anxiety, different strategies can be applied. These pathways are: Intrusion Path, Timeline Path, Flashforward Path, Emotion Path, Belief Path, and Adapted Affect Scan/Floatback Technique.

These strategies form a practical, transdiagnostic tool for applying the EMDR therapy to nearly all symptom clusters and provide therapists with concrete guidance for treatment planning. In addition to these trauma-sensitive search strategies, the presentation

also highlights complementary treatment strategies described in our book. These include practical interventions for working with dissociation, avoidance, and therapeutic impasses, offering clinicians additional tools to enhance EMDR treatment planning and implementation in the future.

Methods

The presentation demonstrates a series of search strategies using clinical case examples and video material, showing how they can be flexibly applied across various mental health conditions.

Learning objectives

By the end of this session, participants will be able to:

- Gain an overview of the six trauma-sensitive search strategies for EMDR case conceptualization.
- Understanding how these strategies can guide the development of targeted and collaborative treatment plan is crucial.
- Be able to identify opportunities to apply one or more strategies in their own clinical practice.
- Become familiar with complementary treatment strategies to address dissociation, avoidance, and therapeutic impasses using EMDR therapy.

This presentation is based on our new book; "A Practical Guide to EMDR Therapy: Case Conceptualization and Additional Treatment Strategies", in which these strategies are presented in detail.

WORKSHOPS' ABSTRACTS

GUIDED BY NORTHERN LIGHT: MAPPING TRAUMA-SENSITIVE AND COMPLEMENTARY PATHWAYS FOR EMDR CASE CONCEPTUALIZATION

Sunday 7 June 2026 | 9:00 - 12:30 | Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.



YTJE TIALDA VAN PELT

Psy-zo! specialist mental health institution, Education and Research, Groningen, the Netherlands



AD DE JONGH

PSYTREC, Bilthoven and University of Amsterdam, the Netherlands



JISKA WEIJERMANS

Transparant Care Centre, Leiden, the Netherlands



MARILYN LUBER

Marilyn Lubber, Philadelphia, United States

WORKSHOPS' ABSTRACTS

INHERITED WOUNDS - HEALING TRANSGENERATIONAL TRAUMA WITH EMDR

Sunday 7 June 2026 | 14:00 - 15:30 | Studio Hall B4

Interpretation into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Unresolved trauma can be passed on to subsequent generations to a significant extent. We have known this at least since studies on children and grandchildren of war trauma, Holocaust survivors and the genocide in Ruanda. (Drexler K. 2013)

In addition, of course, non-collective, individual traumas can also be passed on to subsequent generations. Katharina Drexler has been giving trainings on the diagnosis and treatment of inherited wounds since 2005 and has published two books and numerous journal articles in which she presents the EMDR therapy approach for transgenerational trauma she developed.

(Drexler K. 2013: Transgenerational weitergegebene Traumata der Behandlung zugänglich machen. ZPPM,1, S. 65-73; Drexler K. 2017: Ererbte Wunden heilen. Therapie der transgenerationalen Traumatisierung. Stuttgart: Klett-Cotta; Drexler, K. 2020: Ererbte Wunden erkennen. Wie Traumata der Eltern und Großeltern unser Leben prägen. Stuttgart: Klett-Cotta.)

The workshop initially focuses on conveying the scientific background, including epigenetic findings, and how to identify inherited wounds. Through video demonstrations participants have the opportunity to learn about the detailed steps of her approach to transgenerational trauma processing with EMDR.

Learning objectives:

Get to know criteria for diagnosing transgenerational trauma,

Learn about understanding of the distinction between personal and transgenerational traumatization,

Learn an EMDR approach to focus selection and trauma processing that is adapted to the specific circumstances of transgenerational trauma.

Key words:

Transgenerational trauma, inherited wounds, collective trauma, genocide



KATHARINA DREXLER

Practice for psychosomatic medicine and psychiatry

WORKSHOPS' ABSTRACTS

EMDR IN OBSESSIVE COMPULSIVE DISORDER PATIENTS WITH SEXUAL, AGGRESSIVE OR RELIGIOUS OBSESSIONS

Sunday 7 June 2026 | 9:00 - 15:30 | Studio N

OCDs are difficult to treat, especially if sexual, aggressive or religious obsessions are part of them. Various studies have demonstrated that 15–40% of patients with obsessive-compulsive disorders (OCD) do not respond to it; they cannot be motivated to undergo treatment, drop out, or experience persisting difficulties in regulating their emotions. In this practical workshop on OCD, EMDR is presented in a new procedure, following international evidence based guidelines such as NICE, APA, German DGPPN S3-guidelines. Furthermore, the new ICD-11 definition of OCD will be presented and related disorders discussed. OCD-patients with sexual, aggressive or religious obsessions experienced EMDR as a useful and motivating therapy. Furthermore, they felt encouraged to deal with their emotions in additional psychological treatments.

Our new in-vivo EMDR therapy markedly reduced OCD symptoms. EMDR is shown as an useful treatment in working with patients suffering from OCD by using videos, live role-plays, live-demonstrations and speech. Especially, the treatment planning, the timing in therapy and the best targets to use for OCD-patients will be shown.

Learning

- Demonstrate the use of the EMDR-protocol for OCD patients, including role-plays to show it in a live demonstration
- Differences in Washing OCD, Control OCD and mainly aggressive/sexual/religious thoughts
- Structured worksheet for the different OCD themes
- ICD-11: what is new in OCD?
- Which are the best targets for OCD patients to work with?

Keywords:

OCD, EMDR, treatment planning, ICD-11
In general: Content of presentation (theory/practice/research): < 20% / 30 - 50% / 20 - 30%



KARSTEN BOEHM

Private Practice for Psychiatry, Psychotherapy and Psychosomatics, Freiburg, Germany

WORKSHOPS' ABSTRACTS

PLAYING IN FRAGILE MOMENTS: PARENTS AND CHILDREN BUILDING SHARED RESILIENCE

Sunday 7 June 2026 | 9:00 - 12:30 | Studio 2

In this workshop, we will present a working model in which structured play serves as a means to create safety, attachment, and a co-regulation, based on the AIP model and integrating EMDR with playfulness. The model bridges developmental-playful work with EMDR procedures for children and parents in a joint session.

We will examine the “bi-axial arousal matrix” (parent arousal × child arousal), which guides the adaptation of techniques: type of BLS, transitions between playful-physical-verbal interventions, and the timing of addressing the parent as an external regulator. This will be theoretically grounded in the neurobiology of attachment and the polyvagal theory, highlighting the contribution of play to primary emotional systems and to the development of regulation skills and co-regulation.

The workshop will include video demonstrations of parent-child sessions, guided experiential play exercises illustrating co-regulation processes, live modeling of EMDR-play integration, and group reflection to consolidate clinical learning.

This workshop introduces an innovative dyadic model that merges EMDR protocols with developmental play to foster shared regulation, strengthen

attachment bonds, and enhance parental capacity as a co-regulator during EMDR treatment.

Objectives

1. Learn the core principles of integrating play within the AIP model to enhance safety, attachment, and co-regulation in dyadic EMDR sessions.
2. Apply the “bi-axial arousal matrix” to assess parent-child arousal states and select appropriate EMDR-playful interventions accordingly.
3. Demonstrate playful strategies suitable for parent-child EMDR sessions, adapted to developmental needs and regulation capacity.
4. Focus on parental role in adopting a co-regulator role during EMDR treatment through playful, relational, and somatic techniques that support shared regulation.
5. Integrate EMDR procedures with developmental play activities to strengthen attachment bonds and support the development of self- and co-regulation skills in children.

Keywords

- Dyadic EMDR
- Co-regulation
- Playfulness in Therapy
- Polyvagal Theory



ESTHER BAR-SADE

*Institution: The “ Joint “ organiza-
tion,’Ministry of Education, Israel*



YAEL ZIVAN

Revava, Israel

WORKSHOPS' ABSTRACTS

EMDR RESEARCH IN EUROPE

Sunday 7 June 2026 | 14:00 - 15:30 | Studio 2

The **Researchers meeting**, EMDR Research in Europe, will again be a pivotal element of the EMDR Europe 2026 Workshop Conference in Oslo. This meeting is scheduled **Sunday 7th of June 2025 from 14h00 to 15h30** and is located at the **Studio 3+4**.

WORKSHOPS' ABSTRACTS

THE RESOURCE CONTAINER: THE MISSING LINK BETWEEN EXPERIENCE AND WINDOW OF TOLERANCE, AND AIP FROM THEORY TO PRACTICE

Sunday 7 June 2026 | 9:00 - 15:30 | Studio 3+4

This workshop translates a newly articulated integrative framework that links Adaptive Information Processing (AIP), the Window of Tolerance, and Hobfoll's Conservation of Resources theory into a clinically applicable model centered on the "Resource Container," or Reservoir of Adaptive Resources. Building on the work by Flint and Kahn, participants will learn how resource sufficiency, accessibility, and relational containment determine whether experience is processed adaptively or stored maladaptively, and how this principle functions as a cross-modal mechanism of therapeutic change in EMDR and beyond. This theoretical framework helps therapists decide on interventions for the full range of trauma symptoms.

Didactic methods

Lecture supported by diagrams, video vignettes of EMDR sessions, live demonstrations, work in pairs as well as small-group clinical mapping of resource reservoirs.

What does the workshop add to standard knowledge? Standard models describe regulation and resourcing but rarely specify the underlying mechanisms that predict the success or failure of processing, as well as why some memories are stored maladaptively while

others are not. The Resource Container reframes regulation as a measurable, expandable system, clarifying why identical interventions succeed with one client and fail with another. Hence, two individuals may experience the same event while one is traumatized and the other is not. Furthermore, it offers a unifying explanatory principle across EMDR, exposure, somatic and relational therapies.

Learning objectives

The participant will:

1. Further their understanding of how resource sufficiency governs access to, and integration of, traumatic memory.
2. Further their understanding of the importance of the client-therapist dyad as a joint resource container.
3. Understand and assess breakdowns in processing as failures of resource container capacity rather than client resistance.
4. Apply concrete interventions to expand and mobilize the resource container.
5. Integrate the model into case formulation.

Key words:

Adaptive Information Processing, Window of Tolerance, Conservation of Resources, Resourcing



TULLY FLINT, PHD

The Omakim Center for EMDR Studies, General Piere Koenig 33, Jerusalem, Israel



DANIEL KAHN, PSYD


The Omakim Center for EMDR Studies, General Piere Koenig 33, Jerusalem, Israel

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CONFERENCE SCHEDULE

Friday, June 5 2026

Hall B4

Opening & David Servan Schreiber Award

Time 17:15 - 18:45

Session Name **Keynote - Is This an EMDR Patient? How Understanding AIP Opens Unseen Possibilities for Reprocessing**

Time 18:45 - 19:45

Speaker Bjørn Aasen

Welcome Reception

Time 19:45 - 21:00

Saturday, June 6 2026

Hall B4

Session Name **From Imaginary Friend to Dissociation – AIP-Informed EMDR Conceptualization in Complex Cases - Part I**

Time 9:00 - 10:30

Speaker Kerstin Stellermann-Strehlow

Session Name **From Imaginary Friend to Dissociation – AIP-Informed EMDR Conceptualization in Complex Cases - Part II**

Time 11:00 - 12:30

Speaker Kerstin Stellermann-Strehlow

Session Name **THE EMDR TOOLBOX METHOD (ETM): An AIP-Based Method for Complex Clients - Part I**

Time 14:00 - 15:30

Speaker Manuela Spadoni

Session Name **THE EMDR TOOLBOX METHOD (ETM): An AIP-Based Method for Complex Clients - Part II**

Time 16:00 - 17:30

Speaker Manuela Spadoni

Session Name **Francine Shapiro Award**

Time 17:45 - 18:00

Speaker Michael Hase

CONFERENCE SCHEDULE

Saturday, June 6 2026

Hall B4

Session Name	Keynote - EMDR Therapy with Clients in Legal Processes: Safety, Stability, and Empowerment
Time	18:00 - 19:00
Speaker	Helinä Häkkänen

Saturday, June 6 2026

Ballroom of Thon Hotel Arena

	Conference Dinner
Time	19:30 - 23:00

Saturday, June 6 2026

Studio N

Session Name	Treatment of Traumatic Attachment to a Perpetrator Using EMDR Therapy - Part I
Time	9:00 - 10:30
Speaker	Roger Solomon

Session Name	Treatment of Traumatic Attachment to a Perpetrator Using EMDR Therapy - Part II
Time	11:00 - 12:30
Speaker	Roger Solomon

Session Name	How narrative can unlock pre-verbal trauma and attachment issues in children and adolescents? - Part I
Time	14:00 - 15:30
Speaker	Savita Dalsbø, Pal Vegard Hagen

Session Name	How narrative can unlock pre-verbal trauma and attachment issues in children and adolescents? - Part II
Time	16:00 - 17:30
Speaker	Savita Dalsbø, Pal Vegard Hagen

CONFERENCE SCHEDULE

Saturday, June 6 2026

Studio 2

Session Name EMDR with Patients That Have Sensory Loss, Including Patients That are Preverbal Deaf/Deaf-Blind – What Are The Challenges?
Time 9:00 - 10:30
Speaker Mette Uthus, Britta S. Bürker, Lone Abild Gerhardt

Session Name Reestablishing the Brain–Body Connection: Interoception in the Treatment of Complex Trauma with EMDR - Part I
Time 11:00 - 12:30
Speaker Suzana Guedes

Session Name Reestablishing the Brain–Body Connection: Interoception in the Treatment of Complex Trauma with EMDR - Part II
Time 14:00 - 15:30
Speaker Suzana Guedes

Session Name Reestablishing the Brain–Body Connection: Interoception in the Treatment of Complex Trauma with EMDR - Part III
Time 16:00 - 17:30
Speaker Suzana Guedes

Saturday, June 6 2026

Studio 3+4

Session Name Group Stabilization As a Resource Activator, Driver of Therapeutic Engagement, and Time Saver in Public Health - Part I
Time 9:00 - 10:30
Speaker Aude-Isoline Poncet, Anne-Gaëlle Salomé

Session Name Group Stabilization As a Resource Activator, Driver of Therapeutic Engagement, and Time Saver in Public Health - Part II
Time 11:00 - 12:30
Speaker Aude-Isoline Poncet, Anne-Gaëlle Salomé

Session Name EMDR in People with Developmental Disabilities and PTSD - Part I
Time 14:00 - 15:30
Speaker Dorte Bærentzen

CONFERENCE SCHEDULE

Saturday, June 6 2026

Studio 3+4

Session Name EMDR in People with Developmental Disabilities and PTSD - Part II
Time 16:00 - 17:30
Speaker Dorte Bærentzen

Sunday, June 7 2026

Hall B4

Session Name Guided by Northern Light: Mapping Trauma-Sensitive and Complementary Pathways for EMDR Case Conceptualization - Part I
Time 9:00 - 10:30
Speaker Ytje Tialda Van Pelt, Ad de Jongh, Jiska Weijermans, Marilyn Luber

Session Name Guided by Northern Light: Mapping Trauma-Sensitive and Complementary Pathways for EMDR Case Conceptualization - Part II
Time 11:00 - 12:30
Speaker Ytje Tialda Van Pelt, Ad de Jongh, Jiska Weijermans, Marilyn Luber

Session Name Inherited Wounds - Healing Transgenerational Trauma with EMDR
Time 14:00 - 15:30
Speaker Katharina Drexler

Session Name Keynote - Enhancing EMDR Reprocessing
Time 16:00 - 17:15
Speaker Bo Søndergaard Jensen

Closure

Time 17:15 - 17:30

Sunday, June 7 2026

Studio N

Session Name EMDR in Obsessive Compulsive Disorder Patients with Sexual, Aggressive or Religious Obsessions - Part I
Time 9:00 - 10:30
Speaker Karsten Boehm

Session Name EMDR in Obsessive Compulsive Disorder Patients with Sexual, Aggressive or Religious Obsessions - Part II
Time 11:00 - 12:30
Speaker Karsten Boehm

CONFERENCE SCHEDULE

Sunday, June 7 2026

Studio N

Session Name EMDR in Obsessive Compulsive Disorder Patients with Sexual, Aggressive or Religious Obsessions - Part III
Time 14:00 - 15:30
Speaker Karsten Boehm

Sunday, June 7 2026

Studio 2

Session Name Playing in Fragile Moments: Parents and Children Building Shared Resilience - Part I
Time 9:00 - 10:30
Speaker Esther Bar-Sade, Yael Zivan

Session Name Playing in Fragile Moments: Parents and Children Building Shared Resilience - Part II
Time 11:00 - 12:30
Speaker Esther Bar-Sade, Yael Zivan

Session Name EMDR Research in Europe
Time 14:00 - 15:30
Speaker Michael Hase

Sunday, June 7 2026

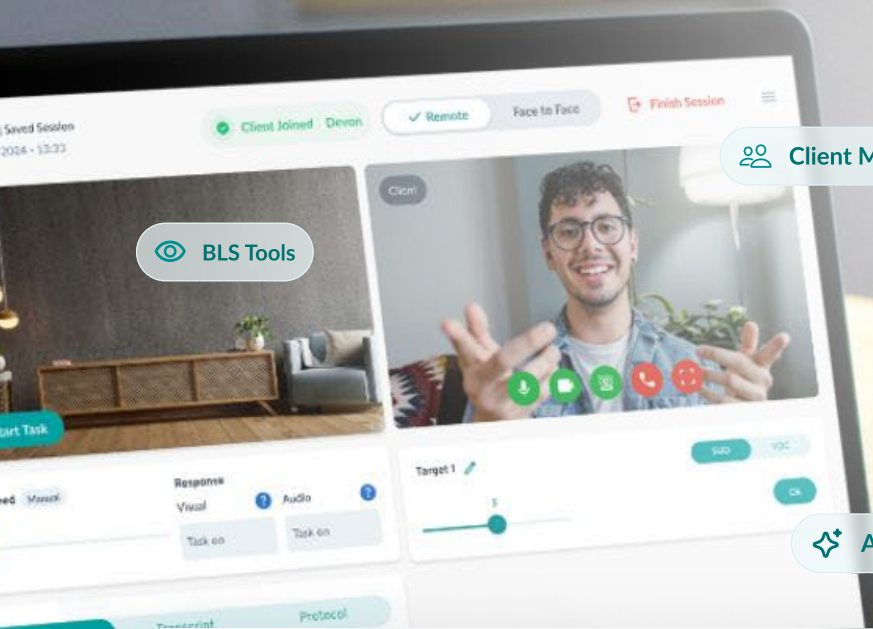
Studio 3+4

Session Name The Resource Container: The Missing Link Between Experience and Window of Tolerance, and AIP From Theory to Practice - Part I
Time 9:00 - 10:30
Speaker Tuly Flint, Daniel Kahn

Session Name The Resource Container: The Missing Link Between Experience and Window of Tolerance, and AIP From Theory to Practice - Part II
Time 11:00 - 12:30
Speaker Tuly Flint, Daniel Kahn

Session Name The Resource Container: The Missing Link Between Experience and Window of Tolerance, and AIP From Theory to Practice - Part III
Time 14:00 - 15:30
Speaker Tuly Flint, Daniel Kahn

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Session Summary
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CONFERENCE INFORMATION

GENERAL INFORMATION

The Conference opens Friday, June 5, 2026

Check-in from 14:00 to 17:15*

- Keynote and Opening from 17:15 to 19:30
- Saturday, June 6, 2026 from 9:00 to 19:00
- Sunday, June 7, 2026 from 9:00 to 17:30

* If you attend the trainers & consultants' day, please check the corresponding section below. You will need to check-in prior to the conference opening.

The programme is available on the **Mobile App** and on the **Website**.

The conference is based upon a series of Workshops and will include three keynote speakers.

The registration is for the entire conference. Registration does not include the Trainers & Consultants sessions nor the lunch and conference dinner.

TRAINERS DAY

It is scheduled to take place on Friday, June 5 from 9:00 to 16:30 in the NOVA Spektrum in Studio 2.

- Registration: Please come to the registration desk from 8:15 to 8:45 on Friday, June 5 to pick-up your badge.

CONSULTANTS DAY

It is scheduled to take place on Friday, June 5 from 13:30 to 17:00 in the NOVA Spektrum in Studio N.

- Registration: Please come to the registration desk from 10:00 to 13:30 on Friday, June 5 to pick-up your badge.

The Consultants' Day will be translated into Finnish, French, Polish and Turkish.

CONFERENCE VENUE

The location of the conference is the **NOVA Spektrum: Messeveien 6, 2004 Lillestrøm, Norway**

The Venue is located close to Oslo Airport Gardermoen and approximately 12 minutes by train from the airport to Lillestrøm Station. **Access to the Venue is facilitated by public transport.**

Getting there from Oslo Airport Gardermoen

Frequent regional trains connect the airport directly to Lillestrøm Station in approximately 12 minutes. The venue is located within walking distance of the station.

Getting there from Oslo Central Station

Regular train services connect Oslo Central Station to Lillestrøm Station in approximately 10–12 minutes.

Taxi

Taxi services are available from Oslo Airport and Oslo city centre directly to NOVA Spektrum.

CONFERENCE INFORMATION

Public Transport

The venue is easily accessible by train and local bus connections. If you should need to find a connection, we recommend using the Ruter public transport planner for updated schedules and travel information.

REGISTRATION DESK

The registration desk is located on level 0 of NOVA Spektrum, directly opposite the main entrance.

Opening hours:

- Friday 5 June 14:00 to 19:15
- Saturday 6 June 08:15 to 19:15
- Sunday 7 June 8:15 to 16:00

AUDITORIUMS

Auditorium - Congress Hall B4 is located at level 0.

INFORMATION DESK

An information desk is available next to the registration desk at level 0 during the whole conference for any questions you may have

EXHIBITION AREA

The exhibition area is located at level 0 between Auditorium - Congress Hall B4 and the Poster and Catering Area.

- Friday 5 June 17:00 to 20:30
- Saturday 6 June 08:15 to 19:00
- Sunday 7 June 8:15 to 16:00

CONFERENCE LANGUAGE

The official conference language is English. Main lectures (keynotes and workshops in Auditorium - Congress Hall B4) will be translated into Finnish, French, Italian, Polish, Spanish, Turkish and Russian.

Interpretations will be available in the Auditorium - Congress Hall B4 only. Receivers and headsets will be available before the first session next to the entrance to Hall B4. You'll be asked to give an ID in exchange for the receiver. We ask you to bring it back at the end of each day (to recharge the device).

NAME BADGE

You will receive your badge during the registration process. It will give you access to the different events.

Please wear your name badge during the whole event (including the Conference Dinner). Please note that accompanying persons attending the conference dinner will not receive a badge. If you bought extra dinner ticket(s), a confirmation (with QR code for the accompanying person) has been sent to you by email and is required for entry.

CERTIFICATE OF ATTENDANCE AND CREDIT HOURS

Certificate of attendance will be sent by mail after the conference.

The EMDR Europe conference will be awarded 16 credits to participants who engage in a minimum of 10.5 hours of the conference to receive a certificate of attendance and the credits.

CONFERENCE INFORMATION

RESPONSIBILITY AND INSURANCE

It is strongly recommended that participants take out insurance to cover loss (including registration fees) incurred in the event of cancellation, medical expenses and loss of personal effects. The Congress Organizer will not accept liability for personal injuries or for loss or damage to property belonging to participants, either during or as a result of the event.

WIFI

Free Wi-Fi is available throughout the venue. Network name and password will be provided at the registration desks.

OSLO DESCRIPTION

Oslo, the capital and largest city of Norway, perfectly combines modern architecture, rich history and breathtaking natural surroundings.

Top sights include the Royal Palace, Akershus Fortress, Vigeland Sculpture Park, and the stunning Oslo Opera House by the water. You can walk along the harbor, visit fascinating museums like the MUNCH Museum or the Viking Ship Museum, or relax at a cozy café with a view of the fjord.

Oslo's architecture reflects its evolution—from historical wooden houses to cutting-edge contemporary design in areas like Bjørvika and Aker Brygge. The city also embraces sustainability, proudly holding the title of European Green Capital in 2019.

With its compact size, Oslo invites you to explore on foot or by bike, discovering a perfect balance of culture, nature and innovation at every turn.

Come and experience why Oslo is known as the city where the fjord meets the forest — a place of beauty, inspiration and endless discoveries.

RETURN YOUR LANYARD

Attendees, who will be leaving on their last day of the conference, will have the option to return their badge and lanyard. The collected lanyards will be repurposed and badges recycled. The collection place of lanyards and badges will be at the registration desk.

LOST & FOUND

It's always upsetting to lose something, which is why we kindly ask you to drop by the Help Desk in case you found what looks like a lost item. We'll collect the found objects.

VENUE ACCESSIBILITY & MOBILITY ASSISTANCE

NOVA Spektrum has comprehensive accessibility for guests with disabilities, including wheelchair access and disabled parking, plus supplementary support options like wheelchair loans.

The venue is easily accessible by train from Oslo Central Station, with Lillestrøm Station just a short walk away.

CONFERENCE INFORMATION

COFFEE BREAKS

Coffee breaks will be available at level 0 at the Catering, Exhibition and Poster Area.

LUNCH

If you selected a lunch bag(s) during the registration process, please pick it up in level 1 by presenting the voucher provided during registration. There will be a designated seating area in this room.

WELCOME COCKTAIL

The Welcome Cocktail is included if you selected it during the registration process and therefore free of charge.

Date: Friday 5th of June

Time: 19:45 after the Conference Opening

Where: NOVA Spektrum (conference venue) at the Poster and Catering Area.

CONFERENCE DINNER

Date: Saturday, June 6, 2026

Time: 19:30 - 23:00

Where: Thon Hotel Arena, located next to Nova Spektrum in Lillestrøm

Address: Nesgata 1, 2004 Lillestrøm, Norway

Only participants who bought a ticket can attend this event. No bus transfer will be available. The hotel is located directly next

to the conference venue and is easily accessible on foot.

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<https://www.casa-mia.no>

CONFERENCE INFORMATION

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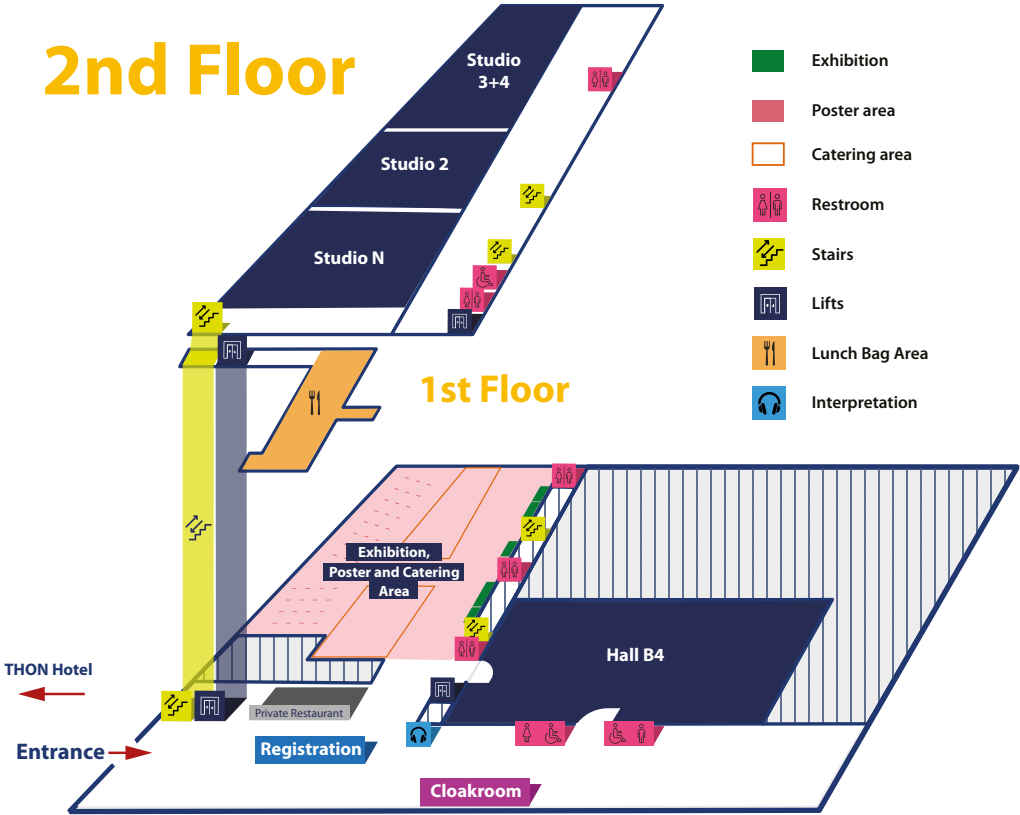
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<https://lillestromlobby.no>

FLOORPLAN

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