


# Your Choice: EMDR or EMDR with IFS GROUP CONSULTATION

ORGANISER:	<b>KAREN REID</b>
SHORT BIO 	<p><b>Karen Reid</b> is a <b>registered Clinical Psychologist</b> with experience in both <b>private and public settings</b>. She specialises in <b>trauma and complex trauma</b>, with a focus on supporting adults — including those living with <b>dissociation</b>.</p> <p>Her background in working with <b>children and families</b> gives her a broad, systemic perspective. Karen’s approach is <b>supportive, strengths-based, and non-pathologising</b>, with a strong appreciation for <b>neurodiversity</b>. She tailors therapy to each person’s needs, drawing on a range of <b>evidence-based models</b>, including:</p> <ul style="list-style-type: none"> <li>• <b>Acceptance and Commitment Therapy (ACT)</b></li> <li>• <b>Internal Family Systems (IFS)</b></li> <li>• <b>Schema Therapy</b></li> <li>• <b>Eye Movement Desensitisation and Reprocessing (EMDR)</b></li> </ul> <p>Karen is a certified <b>consultant in both EMDR and IFS</b> and an <b>AHPRA-approved supervisor</b>. <b>In addition now an EMDR Trainer.</b></p> <p>For more information as to what is available visit her website <a href="https://karenreidpsychology.com.au">https://karenreidpsychology.com.au</a></p>
VENUE:	Online: A Zoom link will be provided once your registration is confirmed.
DATES & TIMES:	SEE Therapist Training Website for all Group Consultations available. <a href="https://therapist-training.com.au/ifs-group-consult/">https://therapist-training.com.au/ifs-group-consult/</a>
TIME:	All GROUP sessions run for 2 hours. <b>There will be a 5 min break halfway through the 2hour session.</b> <b>Time will be equally shared between participants.</b>
PARTICIPANTS:	Maximum of 6 participants for these groups. <ul style="list-style-type: none"> <li>• Participants must have at least Level one EMDR training. Each participant may choose, during their allocated slot, to work with <b>EMDR alone</b> or to <b>integrate EMDR and IFS</b>.</li> </ul>
COST:	<b>Cost \$100.00 total excludes GST. With GST \$110.00</b> Your booking is secure once your payment is made. See Bookings below for more information.
BOOKINGS.	<p>If you would like to take up any of these opportunities, you can book on line at <a href="https://therapist-training.com.au/ifs-group-consult/">https://therapist-training.com.au/ifs-group-consult/</a></p> <ul style="list-style-type: none"> <li>• Once you are registered additional information will be emailed to you prior to the start date. If you do not make the cut off of 8 participants, then a waitlist will be established by letting me know.</li> <li>• To provide affordable consultation opportunities</li> </ul>

<p>FOCUS OF THE GROUP OFFERINGS.</p>	<ul style="list-style-type: none"> <li>• To foster peer learning through group collaboration.</li> <li>• To offer opportunities to gain basic training hours in EMDR</li> <li>• To support the growth and consolidation of EMDR and IFS skills. <a href="#">WAITLIST</a></li> </ul>
<p>OUTCOMES for group Consultation sessions</p>	<ol style="list-style-type: none"> <li>1. Each participant has the opportunity to present a case, explore a question, or reflect on their clinical work — leaving the session with <b>fresh insights and practical applications</b> for their ongoing practice.</li> <li>2. Participants gain <b>greater clarity and confidence</b> in identifying their strengths, therapeutic style, and areas for further development.</li> <li>3. Participants enhance their ability to <b>conceptualise complex cases</b> through an EMDR and/or IFS lens.</li> <li>4. Participants strengthen their <b>self-awareness and use of therapist parts</b>, supporting greater attunement and Self-energy in clinical work.</li> <li>5. Participants build a sense of <b>collegial support and shared learning</b>, fostering a reflective, non-pathologising consultation space.</li> </ol>
<p>REFUND &amp; CANCELLATION POLICY</p>	<ul style="list-style-type: none"> <li>• <b>Cancellations made more than two weeks prior</b> to the scheduled group will receive a refund, <b>less a \$20 administration fee.</b></li> <li>• <b>Cancellations made within two weeks</b> of the group date are <b>non-refundable.</b></li> <li>• If <b>minimum participant numbers are not met</b> and the event is cancelled by <b>Karen Reid</b>, all fees will be <b>refunded in full.</b></li> </ul>
<p>QUESTIONS:</p>	<p>If you have any questions, you are welcome to email me at <a href="mailto:karenreidpsychology@icloud.com">karenreidpsychology@icloud.com</a> or call me on 0415541293</p>
<p style="text-align: center;"><b>I LOOK FORWARD TO OFFERING THIS LEARNING OPPORTUNITY TO YOU.</b></p>	