

Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK



Roy Kiessling

EMDR Consulting, USA

CID: Critical Incident Desensitization

Participants attending this experiential 60-minute workshop will learn and practice the CiD protocols and be provided with the necessary materials to use the CiD protocols in their communities.

It is well known that traumatic incidents, if left untreated, increase the likelihood of excessive stress, depression and eventually may develop into PTSD. Early interventions such as Psychological First Aid, Critical Incident Stress Management and Critical Incident Stress Debriefing are well known crisis interventions that are designed to reduce the stress of recent traumatic incidents.

CiD (Critical incident Desensitization) is an experimental intervention designed to be administered immediately after a crisis. Research has shown that short bursts of eye movements rapidly decrease the vividness of images and its level of disturbance. Since eye movements, in themselves, are not considered psychotherapy, CiD protocols offer an ideal crisis


intervention for clinicians and para-professionals to use in a wide variety of crisis situations.

CiD is currently considered experimental. Participants will be provided information and materials to submit to Roy as part of a research project to evaluate its effectiveness as a critical incident intervention.

Speaker Biography

Roy Kiessling, in 1980, as a Red Cross Disaster Volunteer, he introduced to helping survivors of natural disasters. Since being trained in EMDR, 1994, he has participated in training clinicians to treat trauma in Bangladesh, Poland, Russia and the Middle East as well as through the USA. In 2005 he participated in treating and teaching clinicians living in New Orleans who had survived the devastation of Hurricane Katrina. From 2005 to 2012, when appropriate, he taught clinicians various forms of his crisis intervention protocols. Since 2013 Roy has included his crisis intervention protocols during his EMDR training course as well as teaching these protocols non-EMDR trained clinicians, nurses, emergency responders, school counselors, police, firefighters, and other para-professionals.

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