

## **Activity 14 - "Certified training in the EMDR method"**

**14.02.2021 - 18.02.2022**

Psychotraumatology is a field that deals with the prevention and reduction of the consequences of experienced trauma. Police psychologists provide care to those who may be at risk of trauma. These are not only victims of crime, but they can also be police officers themselves. Traumatology is constantly evolving and new, more effective procedures are emerging, including in particular those based on neurobiological knowledge.

Psychologists of the Police of the Czech Republic participated in the next run of a training course funded by the Norwegian Funds in the week from 14 to 18 February 2022, which summarized new views on psychotraumatology, based on neurobiological knowledge. The course is part of the educational programs entitled "Increasing police competence in preventing and combating crime, strengthening communication skills with the public and awareness of human rights".

This course was attended by 15 psychologists working in various organizational units of the Czech Police. The trainers were lecturers from both domestic and foreign experts.

The aim of the course was to acquaint the participants with a neurobiological approach when working with a traumatized person. Psychologists have mastered the basics of specific techniques and procedures, so-called protocols, for working with traumatized clients designed for different situations at different stages of post-traumatic care. They are now able to apply these acquired skills in their practice. Each of the techniques is not only verified by scientific research, but also by practice in some foreign armed forces. The course was professionally guided and was unique in bringing a considerable extension of knowledge in the field of psychotraumatology with modern approaches.

It is clear that the Police of the Czech Republic will have better equipped psychologists, whose professionalism is increasing, thanks to their acquired knowledge and skills. These activities also increase the quality of care provided by trained psychologists.