Group Eye Movement Desensitisation Reprocessing (EMDR)



The Group Traumatic Episode Protocol (G-TEP) of EMDR, is a safe, structured, and effective therapy for groups, couples and families who have experienced single-incident/episode traumas such as accidents, loss, natural disasters, or distressing life events.

What is G-TEP EMDR?

G-TEP (Group Traumatic Episode Protocol) is a trauma-informed, research-backed and evidencebased EMDR approach designed specifically for groups.

G-TEP helps individuals process trauma without having to verbalise or disclose painful details.

Instead, it uses a structured journaling process combined with emotion regulation techniques and psychological resourcing with eye movement techniques.

This creates a safe and supportive environment for healing.

How Does G-TEP Work?

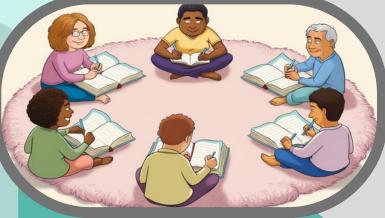
- **Guided Step-by-Step Process** A trained therapist leads the group through structured exercises that gradually help reduce distress related to a trauma incident/episode.
- Visual and Written
 Techniques Instead of talking
 about the trauma, participants
 engage in journaling and visual
 mapping to help the brain
 reprocess distressing memories.
- Eye Movements & Bilateral Stimulation – Like individual EMDR, eye movements or tapping techniques help the brain naturally process trauma.
- Healing Without Sharing Personal Stories – Since disclosure is not required, privacy and emotional safety are prioritised.

What Are the Benefits of G-TEP?

- Effective for Trauma Processing Helps reduce PTSD symptoms and emotional distress.
- No Need to Talk About the Trauma Ideal for those who find verbalising painful experiences difficult.
- Fosters a Sense of Connection Even without sharing details, the group setting provides support, validation, and a shared healing experience.
- **Quick and Structured Approach** Designed to help stabilise emotions and provide relief in just a few sessions.
- Can Be Used for Recent or Past Trauma Helps individuals cope with both recent events and older distressing memories.

What can G-TEP help with?

- Accidents and medical trauma including vehicle accidents, workplace accidents, serious diagnosis, surgical or child birth trauma
- Natural Disasters & Environmental Trauma including weather related events, house fires, bushfires, floods and sudden displacement due to disaster
- **First Responders & Public Service Trauma** including emergency/ military or health care workers exposed to distressing events, burnout or secondary trauma
- Sudden Loss & Grief Trauma including unexpected loss and traumatic grief
- **Interpersonal & Public Violence** including witnessing violence, victim of a crime, bullying, mass trauma event
- Family & Relationship-Related Trauma including shared traumatic events, sudden changes in care-giver or living arrangements, family separation



G-TEP may not be suitable for...

- **Complex PTSD (C-PTSD)** from ongoing or long-term trauma
- Severe dissociation, psychosis or unmanaged mental health conditions. Clients may need a period of stabilisation first
- Clients needing deeper individual processing – Some may require more personalised EMDR sessions before benefiting from the group format

FAQs

• Do I have to share my trauma with the group?

No. G-TEP is structured in a way that allows for healing without discussing personal trauma details.

• Who is G-TEP for?

Anyone who has experienced a single-event/episode trauma—such as an accident, sudden loss, natural disaster, or other distressing experiences—can benefit from G-TEP.

• Is G-TEP as effective as individual EMDR ?

Yes. G-TEP follows the same principles as individual EMDR but in a group-adapted format, making it both effective and supportive. Individual EMDR is more personalised, in-depth and targeted. Group EMDR is cost-effective and can help more people at once.

• Do all group participants need to have experienced the same trauma?

No. Group participants can be working on different incidents or episodes of trauma in the same group. However the process for the trauma processing will be the same for everyone.

• What if I have experienced multiple traumatic events/ episodes in my life, can I still doG-TEP?

Yes. You can still do G-TEP but you will only process one trauma event/episode per group session.

• How many sessions are needed?

Following one intake session, most people only need 1-2 trauma processing sessions. While benefits can be felt after just one session, some people may choose to participate in multiple sessions for deeper healing or to process other trauma incidents/episodes.

If you or someone you know has experienced a single-incident/episode trauma and is looking for a safe, non-verbal, and effective healing process, G-TEP may be the perfect fit!

More Information

- <u>https://emdraa.org/emdr-resources/</u>
- <u>https://www.emdria.org/about-emdr-therapy/</u>



MENTAL HEALTH AND FAMILY SUPPORT