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# Research Opportunity

## Participants Needed



How is EMDR best conducted and adapted for trauma focused work within Bipolar Disorder? A Delphi study

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### Why is this research being carried out?

Research has highlighted the clinical necessity to attend to traumatic events in bipolar disorder.

At present there is limited guidance offered for EMDR practitioners to how they should approach the treatment of trauma in bipolar disorder.

This study aims to produce a consensus generated from practitioner's perspectives that will inform and guide clinical practice for trauma work in bipolar disorder.

### Who is undertaking the study?

**Leeanne Nicholls**, a Trainee Clinical Psychologist at the University of Southampton as part of her doctoral training.

**Leeanne** has successfully treated trauma in individuals using EMDR, which has sparked an interest in this psychotherapy.



### Who can take part?

To be eligible to take part you must be:

- Internationally based EMDR practitioners, who are currently working in any setting.
- Any experience (limited through to advanced proficiency) of using EMDR with trauma.
- Experiences of working with individuals with bipolar disorder using any therapeutic approach.
- Have access to an online device and be proficient in reading and understanding English.



### What is involved?

- Taking part in an online survey.
- The survey consists of 3 different rounds, administered over a 5 month period.
- Each round should take no longer than 40 minutes to complete.



I want to get involved,  
what do I do next?

If you are interested in being part of this study, please click the link below or scan the QR code for more details.

[Survey Link.](#)

Thank you.

