

## **Activity lists EMDR Cambodia, status 3.12.2025**

- A) Companies and government institutions**
- B) NGOs**
- C) Educational institutions**
- D) EMDR members and other professionals**
- E) Health institutions/Paraprofessionals**

### **A) Companies**

**EMDR has extensive experience in services for your staff's mental health and well-being. The mental health of your collaborators is an investment in increased productivity and has positive effects on the working climate. It's not only beneficial for the staff members themselves, but also for their families and their teammates.**

### **Treatment sessions: Support your staff in difficult situations!**

A treatment session at one of our offices in Phnom Penh, Battambang or Siem Reap is free and open to everyone. However, clients are kindly asked to make a voluntary donation to EMDR Cambodia. If you have appropriate consulting rooms, it is possible to provide treatments at your company by appointment. For a fee, we also advise your employees at fixed times on site.

### **Well-being at the workplace: Let's practice mental health & stress management!**

Mental Health & Well-being in the Workplace (0,5-1 Day)  
Managing Work Stress & Burnout Prevention (1-Day)  
Trauma-Informed Leadership for Managers & HR Professionals (1-Day)  
Building Emotional Resilience in Teamwork (1-Day)  
Mental Health Support for First Responders & Frontline Workers (1-Day)

### **Awareness Raising: Make mental health an issue!**

- Communication campaign with posters and information materials in your company (1day-1year)
- Self-care for all the company staff
- Workshops for employees with specific roles (team leaders, managers, HR-staff etc.)

### **Research: Do you want to know more about your staff's wellbeing?**

Assessments on your staff's mental health well-being (1-2 hours).

## **B) NGOs**

**Many NGOs in Cambodia work in challenging fields. Not only do their clients need psychological support, but also their own staff who is at the forefront of their work. EMDR Cambodia strengthens the mental health of both groups.**

### **Treatments and Supervision: Important support for clients and staff**

#### **Treatment sessions for clients and staff**

A treatment session at one of our offices in Phnom Penh, Battambang or Siem Reap is free and open to everyone. However, clients are kindly asked to make a voluntary donation to EMDR Cambodia. If you have appropriate consulting rooms, it is possible to provide treatments at your company by appointment. For a fee, we also advise your students and employees at fixed times on site.

#### **Supervision sessions**

EMDR can continuously provide support to your staff in various ways:

- Technical support for your daily work
- Knowledge and skills
- Emotional support
- Management concerning time, cases, and overall work.

### **Workshops and training for your staff: Learn how to cope with all the challenges!**

#### **Mental health & stress management workshops**

- Mental Health & Well-being at the Workplace (0,5-1 Day)
- Managing Work Stress & Burnout Prevention (1-Day)
- Trauma-Informed Leadership for Managers & HR Professionals (1-Day)
- Building Emotional Resilience in Teamwork (1-Day)
- Mental Health Support for First Responders & Frontline Workers (1-Day)
- Understanding Mental Health & Reducing Stigma in Communities (1-Day)
- Mental Health & Gender-Based Violence: Recognizing & Responding (1-Day)
- Self-Care Strategies for Caregivers & Helping Professions (1-Day).

**Training for paraprofessionals in NGOs (social workers, nurses etc.): An opportunity to expand their knowledge!**

**Psychological First Aid**

- Basic mental health knowledge and counseling skills (2 Days)

**Workshops for the people in the communities you serve: Investments with long-term effect!**

- Understanding & Managing Stress & Anxiety (1-Day)
- Trauma-Informed Teaching & Classroom Management (1-Day)
- Supporting people with Adverse Childhood Experiences (ACEs) (1-Day)
- Parenting Strategies for Children's Mental Well-being (1-Day)

**Awareness Raising for your staff and people in the communities: It's time to overcome stigma and prejudice!**

- Communication campaign with posters and information materials (1day-1year)
- Self-care workshops.

**Research**

**In Cambodia, there is a lack of reliable scientific information on the mental health of the population. EMDR supports local leaders, scientists and other stakeholders in changing that.**

- Conducting Focus Groups & Interviews on Mental Health Issues
- Survey Design & Data Collection Techniques for Mental Health Research
- Analyzing Trauma & Mental Health Data: Practical Applications
- Interpreting Psychological Assessments & Research Findings
- Using Research on Mental Health Interventions
- Evaluating Mental Health Programs & Measuring Impact

**C) Educational institutions**

**Mental Health issues are widespread among students and educational staff. In Cambodia. EMDR can help to change this and to reduce stigma as well as the high rate of suicides in the country. Besides students and staff themselves, their families will also benefit from their well-being and know-how.**

**Treatments and Supervision: All problems are worth talking about.**

**Treatment sessions for students and staff**

A treatment session at one of our offices in Phnom Penh, Battambang or Siem Reap is free and open to everyone. However, clients are kindly asked to make a voluntary donation to EMDR Cambodia.

For a fee, we also advise your students and employees at fixed times on site. If you have appropriate consulting rooms, it is possible to provide treatments at your company by appointment. For a fee, we also advise your students and employees at fixed times on site.

**Supervision sessions for specific staff members (responsibles for students' wellbeing, counselors etc.)**

EMDR can provide support for your teaching staff in various ways:

- Technical support
- Knowledge and skills
- Emotional support
- Management (time, case, overall work)

**Workshops and training for educational institutions: Activities focusing on mental health and stress awareness are an investment in the future!**

- Understanding & Managing Student Stress & Anxiety (1-Day)
- Trauma-Informed Teaching & Classroom Management (1-Day)
- Psychological First Aid for Teachers & Educators (1-2 Days)
- Supporting Students with Adverse Childhood Experiences (ACEs) (1-Day)
- Parenting Strategies for Children's Mental Well-being (1-Day)

**Awareness Raising: Send an important signal!**

- Communication campaign with posters and information materials (1day-1year)
- Workshops on awareness raising on mental health, trauma and self-care (1day)
- Self-care/staff care workshops

**Research**

**The EMDR Association Cambodia conducts research in every community in which it is active. We greatly appreciate scientists who support data collection in the field of mental health in the country and provide a detailed overview of the situation there.**

- Conducting Focus Groups & Interviews on Mental Health Issues
- Survey Design & Data Collection Techniques for Mental Health Research
- Analyzing Trauma & Mental Health Data: Practical Applications
- Interpreting Psychological Assessments & Research Findings
- Using Research on Mental Health Interventions
- Evaluating Mental Health Programs & Measuring Impact.

## **D) EMDR members and other professionals**

**The associates of the EMDR Association Cambodia are psychologists and work in different fields. Here are some services for them as well as for other professionals working in the mental health field.**

### **Trauma & Mental Health Research and Intervention**

This category focuses on designing, conducting, and applying mental health and trauma research to guide evidence-based practice.

### **Trauma & Mental Health Research Methodologies**

- Proof reading of design/proposal
- Technical advice provision to meet ethical and scientific standards in mental health research.
- Covering data collection, entry and/or analysis or reporting.

## **E) Paraprofessionals (social workers, physiotherapists, nurses etc.)**

### **Training: An opportunity to expand your knowledge**

#### **Psychological First Aid**

- Basic mental health knowledge and counseling skills (Minimum 3 Days)
- Trauma-informed care (2-3 days)
- Mental health community-based training (10 days).