

# Dr Michael C Paterson OBE

## Abstract

Dr Michael C Paterson OBE grew up in Northern Ireland during the conflict years within one side of the political divide. He experienced trauma as a regular observer and then as a recipient. As a young man, in his role as a police officer, he was severely injured in the line of duty and lost his career, and life as he knew it. Through his rehabilitation, Michael lived with potential threat to his life from other factions in the community. Through all this he coped and later became a clinical psychologist - and then discovered how to treat trauma with EMDR Therapy.

Michael is now an EMDR Europe Accredited Senior Trainer who has delivered training to a growing number of mental health professionals based throughout Ireland and the United Kingdom. He is honoured, and humbled, to have been invited to address you.

What the presentation will give you:

An understanding of the impact of the conflict in Northern Ireland.

Michael's story of challenge and change during the ongoing conflict.

How EMDR Therapy changed Michael's life and that of many others.