

Curriculum Vitae: David C. Blore PhD

David worked in the NHS from 1973 to 2001. He commenced private practice in 1992 (further information is available on: www.davidblore.co.uk home page.

Current Posts

- Consultant Psychotherapist in private practice
- EMDR Europe Accredited Consultant and Training Facilitator in Eye Movement Desensitisation & Reprocessing (EMDR)
- Facilitator to EMDRHAP/ HAP UK&I (Trauma Aid UK (previously Humanitarian Assistance Programmes))
- Specialist visiting lecturer in EMDR: Teesside University, UK
- Visiting lecturer: Sunderland University
- Cognitive Behavioural Psychotherapist (CBT)
- Research team member (supervisor of EMDR supervision): The 'ECO' Trial (EMDR v. CBT for OCD). Leeds, UK
- Clinical and Director: David Blore Associates Ltd.

Other

- Founding Member, Centre for Applied Positive Psychology www.cappeu.org
- Founding Editor of 'The EMDR Practitioner' www.emdrpractitioner.net (1997-2002)
- Past President: EMDR UK & Ireland Association (2000)
- Past Chair of EMDR Europe special interest group: EMDR and Positive Psychology
- Past regional co-ordinator, Yorkshire Region EMDR UK & Ireland Association 2003-2016

Contact Details

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Clifford House
7-9 Clifford Street
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Professional Qualifications/award & Other Courses

- PhD (in the Phenomenology of Psychological Change), School of Health and Population Sciences, University of Birmingham (2005-2012)
- BSc(Hons) - Advanced Professional Nursing Practice and including ENB Higher Award (English National Board - London) University of Nottingham 1993-1995

- Dip.B.Psych (ENBCC 650) (North Trent College of Nursing Sheffield 1990-1991)
- RMN (Charles Frears School of Nursing (Leicester 1979-1981)
- SRN (Charles Frears School of Nursing (1975-1978)
- CISM (International Critical Incident Stress Foundation Inc. Maryland (London 1998)
- EMDR Facilitator training (EMDR Institute Inc. California (London 1996, Brussels 1997, London 1997)
- EMDR Level 2 (EMDR Institute Inc. California (Amsterdam 1996)
- EMDR Level 1 (EMDR Institute Inc. California (London 1995)

Accreditations & Affiliations

- CAPP Centre for Applied Positive Psychology
- EMDR UK & Ireland (Eye Movement Desensitisation & Reprocessing Assoc., UK & Ireland)
- EMDR Europe Affiliated member and (Founding) Accredited Consultant since 2001
- BABCP (British Association for Behavioural & Cognitive Psychotherapies) (BABCP membership number 893699 Accredited 1994-2014)
- EABCT (European Association for Behavioural & Cognitive Therapies) Affiliated member
- NMC (registration 75JO525E)

Peer Reviewed Publications/Conference Presentations

BLORE D.C.(1993a)

'Positive Responses', *Nursing Times*, 89(8):44-46.
(Case study of the treatment of Psychogenic Vomiting)

BLORE D.C.(1993b)

'Treating a Miner with Underground Phobia', *British Journal of Nursing*, 2(20):1017,1020-1021.

BLORE D.C.(1994)

'Reflections on practice: Obtaining informed consent in EMDR'. 1st National Conference for Nurse Education and Practice. London on (Sept.1994)

BLORE D.C.(1995)

'Grinding Down', *Nursing Times*, 91(26):46-47.
(Case study of the treatment of Bruxism)

BLORE D.C.(1996a)

'Use of Eye Movement to Reduce Stress After Trauma', *Nursing Times*, 92(18):43-45.
(An extract from this paper was cited by Dr Francine Shapiro the discoverer of EMDR at the Level 2 training in Amsterdam 1996. A case from this paper is included and acknowledged in Dr Shapiro's 2nd book on EMDR: 'EMDR The Breakthrough Therapy' p 227, published in the UK in September 1997)

STOKES P., BLORE D.C., & MEATS P., (1996b)

'Behavioural Psychotherapy by Trainee Psychiatrists: Does it work and is it cost effective?', *Behavioural and Cognitive Psychotherapy*, 24(2):185-188.

BLORE D.C., (1997a)

'EMDR and traumatised coalminers'. 1st National Conference EMDR UK & Ireland. Watford, Hertfordshire (March 1997)

BLORE D.C., (1997b)

'Reflections on: "A Day When the Whole World seemed to be Darkened'. *Changes*, 15(2):89-95.

(This paper describes the personal experience of EMDR, and experiences using EMDR, after the Bilsthorpe Colliery mining disaster of August 1993. The quotation in the paper's title is from the Bronze statue commemorating the disaster.)

BLORE D.C., (1997c)

'Use of EMDR to treat Morbid Jealousy: A case study', *British Journal of Nursing*, 6(17):984-988.

(This paper is the seminal paper on the treatment of jealousy with EMDR. The paper was utilised to illustrate EMDR *per se* in: Goulston, M. (2008) 'Post Traumatic Stress Disorder for Dummies' p.156)

BLORE D.C., (1997d)

'Twenty-Five Minutes in the life of an EMDR Client', *The EMDR Practitioner*, The Internet, www.emdr-practitioner.net

MacCULLOCH M.J., BLORE D.C., & GRAY N.S.,(1998)

'Pre and post session measures of traumatic memories by Semantic Differential indicate that EMDR is a rapid counter - conditioning process which catalyses stalled emotional processing', Proceedings of 28th EABCT Conference: Cork, Ireland

BLORE D.C., (1998)

'EMDR and PTSD: Two-year Case Series of Traumatized Coalminers, Outcomes and Follow-ups'. 28th EABCT Conference: University College, Cork, Ireland

BLORE D.C., (2000)

'EMDR for mining and related trauma: The Underground Trauma Protocol', *The EMDR Practitioner*, The Internet, www.emdr-practitioner.net see also Blore D. C. (2009)

(This paper describes a new, and now established, protocol for use with EMDR. The UTP was one of the protocols used by therapists in New York after the 9/11 attack.)

BLORE D.C., (2001)

'The Experience of Trauma: Dead is death, those left behind are ours' - A reply to Purves', *The Journal of Critical Psychology, Counselling and Psychotherapy*, 1(4) Winter 2001: 258-263.

(This paper describes the author's personal experiences of being involved in the aftermath of the 1999 Turkish earthquakes response. Although the cause for the trip was to help with the teaching of Turkish psychologists, personal experience described was of the secondary, and probably preventable, traumas.)

BLORE D.C., (2002)

'EMDR and the Workplace - helpful hints for the practitioner', *The EMDR Practitioner*, The Internet, www.emdr-practitioner.net

BLORE D.C., (2004)

'EMDR and Workplace trauma'. Proceedings of EMDR Association UK & Ireland Conference, Birmingham, UK 2004

BLORE D.C. (2005a)

'Affect and Traumatized Traincrew: using an integrated CBT/EMDR approach to facilitate an early return to work'. Abstract Book of the 35th EABCT Conference: Thessalonica, Greece, p114-5.

(This paper was presented in the symposium: 'Integrating Affect into the Practice of CBT with EMDR')

BLORE D.C. (2005b)

'New Tricks or a new Dawn' (Book Review of: 'EMDR & the Energy Therapies: Psychoanalytic perspectives' Mollon, P., 2005), *Psychotherapy & Politics International* 3:224-6

BLORE D.C. (2005c)

'CBT and EMDR: Discovering Post Traumatic Growth' Guest Presentation: 2nd Military conference on CBT & EMDR in the Military, RAF Donnington nr. Birmingham (November 2005)

BLORE D.C., & HOLMSHAW E.M., (2006)

'The Railway Experience: 'being in control' the non-disclosure of traumatic memory content and EMDR'. 4th Annual conference of EMDR UK & Ireland, Royal Institute of British Architects, London

BLORE D.C. (2006a)

'Growing' a Philosophy of Healthcare: The germination and flowering of a personal experiential healthcare philosophy', *The Journal of Critical Psychology, Counselling and Psychotherapy*, 6(3) Autumn 2006: 127-133.

BLORE D.C. (2006b)

'Some Marxist Reflections on a Decadent Capitalist 'Battle': the CBT/EMDR War' *The EMDR Practitioner*, The Internet, www.emdr-practitioner.net

(Author's name is published in Cyrillic: Дэвид Блор. Although this was the product of a philosophy module, the paper is also cited in the Francine Shapiro Library: <http://emdr.nku.edu/>)

BLORE, D.C. (2007a)

'EMDR Generates Post Traumatic Growth (PTG): Preliminary research results' EMDR UK & Ireland Conference Glasgow, Scotland 23/24.3.07

BLORE, D.C. (2007b)

'Towards a Perspective-related Categorisation of PTG: Preliminary results from Phenomenological Research into EMDR.' Founding Conference of the Centre for Applied Positive Psychology, University of Warwick, England 18/20.4.07

BLORE, D.C. (2007c)

'Post Traumatic Growth (PTG) facilitated by Eye Movement Desensitisation & Reprocessing (EMDR): Report on initial findings.' Italian EMDR Association Newsletter No. 14 (September 2007)

BLORE, D.C. (2008)

'EMDR Supervision: What the Supervisee Wants from EMDR Supervision versus what EMDR Accreditation Requires for Competency'. 1st EMDR Autumn Workshop Conference, York, UK (October 2008)

BLORE, D.C., FARRELL, D., CLIFFORD, C. (2008)

'The Experience of Post Traumatic Growth amongst Road Traffic Accident Victims who have completed EMDR treatment: A status report on research' (Poster Presentation), EMDR Europe Conference, London 2008

BLORE, D.C. (2009a)

'The Range & Diversity of Post Traumatic Growth (PTG) following EMDR for Involvement in an RTA.

' 7th Annual Conference of EMDR UK & Ireland, University of Manchester, UK

BLORE, D.C. (2009b)

'EMDR for Mining and Related Trauma: The Underground Trauma Protocol.' In M. Luber (Ed.), *Eye Movement Desensitization and Reprocessing: EMDR Scripted Protocols Basic and Special Situations*

(pp. 215-32). New York: Springer Publishing

BLORE, D.C., & HOLMSHAW, M.E., (2009a)

'EMDR "Blind to Therapist Protocol".' In M. Luber (Ed.), *Eye Movement Desensitization and Reprocessing: EMDR Scripted Protocols Basic and Special Situations* (pp. 233-40). New York: Springer Publishing

BLORE, D.C. (2009c)

'From old channels through future templates to Post Traumatic Growth: What happens after successful EMDR?' Abstract book of the 10th European EMDR Conference, Beurs van Berlage, Amsterdam, The Netherlands, pp.29-30

BLORE, D.C., & HOLMSHAW, M.E., (2009b)

'The Blind to Therapist (B2T) Protocol: Two case examples.' (Poster Presentation), 2nd EMDR Autumn Workshop Conference, Well Met Centre, Leeds, UK.

BLORE, D.C. (2009d)

'Introduction to Eye Movement Desensitisation & Reprocessing' and 'Understanding Post Traumatic Growth'. The LOGOS Conference, Durham, UK (Nov 2009)

BLORE, D.C. (2011a)

'Which, how and why memory Networks Combine: A plasticity of meaning extension to AIP theory' EMDR UK & Ireland 2011 Conference, Bristol, UK

BLORE, D.C., & MOORE, L., (2011)

'Positive Psychology & EMDR: An obvious combination?' 3rd EMDR Autumn Workshop Conference, Finchale College, Durham, UK

BLORE, D.C. (2011b)

'Treatment of Occupational Trauma on the Rail Network'. ARIOPS Conference, National Railway Museum, York, UK (October 2011)

BLORE, D.C. (2012a)

'Plasticity of Meaning: A proposed AIP theory extension to explain the totality of psychological change in EMDR

(This consisted of a research symposium presentation and accompanying poster) both of which were published as Chapter 6 in Blore 2012b below)

BLORE, D.C., (2012b)

'In Search of the Antonym to Trauma: An Eye Movement Desensitisation & Reprocessing perspective on positive psychological changes after trauma.'

Saarbrücken, Germany: Lambert Academic Publishing

(This book is available via: www.amazon.co.uk)

BLORE, D.C., HOLMSHAW, E.M., SWIFT, A., STANDART, S., & FISH, D. M. (2013) 'The Development and Uses of the "Blind to Therapist" Protocol' *Journal of EMDR Practice and Research*, Volume 7(2): 95-105

BLORE, D.C., McKELVEY, A-M., HERBERT, C., & CONDOR, C. (June 2014) EMDR and Positive Psychology symposium (Michelle Depre, Chair) at the 15th EMDR Europe Conference, Edinburgh

(David's contribution: 'In Search of the Antonym to Trauma' expanded on elements of his PhD thesis with the specific intent of setting a 'Seligmanlike' agenda for investigating EMDR and Positive Psychology.)

MARSDEN, Z., LOVELL, K., BLORE, D., ALI, S., & DELGADILLO (2017) 'A randomised controlled trial comparing EMDR and CBT for Obsessive-Compulsive Disorder (The ECO Trial)' – in press

MARSDEN, Z., TEAHAN, A., LOVELL, K., BLORE, D., & DELGADILLO (2017) 'Patients' experiences of the process and outcome of psychological interventions for obsessive-compulsive disorder' – in preparation

Selected lectures from 1992 onwards

- 'Treating Traumatized Coalminers with Underground Phobia' (Lecture given in a symposium on occupational mental health.) The Society of Occupational Medicine (East Midlands branch) Nottingham (6.2.92)
- 'Cognitive Behavioural Interventions in Post Traumatic Stress Disorder in Coalmining.' The National Conference of Occupational Nurses in Mining Bretby, Leicestershire 4 times during Sept 92 'EMDR in post traumatic stress imagery.' Central Notts Healthcare Trust Psychotherapy Interest Group, Mansfield, Nottinghamshire (19.9.94)
- 'PTSD in mining.' British Coal Corporation. Full Time Medical Centre Attendants Refresher Course, Mansfield, Nottinghamshire on (16.3.95)
- 'An evaluation of EMDR for post trauma imagery: outcome of initial research.' Central Notts Healthcare Trust Psychotherapy Interest Group, Mansfield, Nottinghamshire on (24.7.95)
- 'Anxiety, Stress and Panic in Primary care settings.' Nottingham Health Promotion, Nottingham and Mansfield, Nottinghamshire on (13.2.96 & 9.3.96)
- 'Psychological interventions in Coalmining Disasters - Initial outcomes of EMDR after the Bilsthorpe Colliery Disaster.' British Association for Behavioural & Cognitive Psychotherapies (Yorkshire Branch) Sheffield on (26.7.96)
- 'Psychological Aspects of Trauma - EMDR, a very effective treatment for PTSD?' Small GP Practices Association (Nottingham Branch), Nottingham on (12.9.96)
- 'Tips from the Pits - a proposal for an extended single trauma protocol for use of EMDR in mining trauma.' Level II EMDR Training - Special Presentations, London on (26.4.97) (This presentation was the first by a European clinician at an EMDR training; previously all presentations in Europe had been exclusively provided by American trainers.)
- 'An Introduction to Eye Movement Desensitisation & Reprocessing.' South Durham NHS Trust: Psychotherapy Interest Group - Guest Presentation, Bishop Auckland, Co. Durham on (17.11.97)
- 'Panic & Anxiety - to keep death off the roads do you drive on the pavement?' Central Notts Healthcare Trust: Coronary Heart Disease & Rehabilitation Training For Practitioners, Mansfield, Nottinghamshire on (1.12.97, 12.1.98 and 18.5.98)
- 'Cognitive Behavioural Psychotherapy in the U.K. and related lectures' 'EMDR workshop: a protocol for use in mining related traumata.' Moscow Psychological Institute: Cognitive Behavioural Psychotherapy Module. Moscow, Russia on (22 and 23.4.98)
- 'Rapid and lasting amelioration of Post Traumatic Stress Disorder (PTSD) in Road Traffic Accident (RTA) victims.' Small GP Practices Association - (Nottingham Branch), Nottingham (13.5.99)
- 'Innovations in Mental Health Issues, An Interactive Symposium: The treatment of Post Traumatic Stress Disorder using EMDR.' Pharmacia Upjohn (Pharmaceuticals), Stapleford Park, Melton Mowbray, Leicestershire (15 & 16.10.99)
- 'The possible use of EMDR in 'surface burial' earthquake trauma, based on the treatment of traumatised coalminers' (Lecture given on day 5 of a 5 day training schedule) EMDR Humanitarian

- Assistance Programs (HAP) Psychology Training Response To: The 1999 Turkish Earthquakes, Kemberburgaz near Istanbul, Turkey (1.11.99)
- 'Psychological/humanitarian response to the 1999 Turkish Earthquakes.' Northampton Boys School: Guest Lecture, Northampton (2.12.99)
 - 'EMDR HAP in Turkey: from Gölçük to Yalova.' EMDR UK Regional Group: S.E. Midlands 1999 AGM: Guest Lecture, Northampton (2.12.99)
 - 'The role of EMDR in Occupational Health.' Prison Staff Welfare Association: Guest Lecture, Leicester (5.12.01)
 - 'My role in Psychological Trauma at Work - your questions.' Business Healthcare Ltd: Presentation, Mansfield Woodhouse (12.12.01)
 - 'Trauma awareness for DTMs and CTMs of Arriva Trains Northern and later Northern Rail' (Programme of 33 x Two Day Workshops) York, Leeds and Bolton (from 2003 to present)
 - 'Developments in Trauma Counselling: in the wake of the tsunami' Selby & York CRUSE: Guest Lecture, York (2.2.05)
 - 'Network Training day' Moving Minds Ltd, Novartis Foundation, London, (19.2.05)
 - 'Moving over to Phenomenology.' School Of Health Sciences, Birmingham University (11.5.05)
 - 'Introduction to CBT: not the boring version!' Feastfield Medical Centre, Pateley Bridge, North Yorkshire (12.7.05)
 - 'EMDR and CBT in Occupational Mental Health or: "Psychiatry owes a lot to British Rail"' Post Graduate Programme For GPs and Psychiatrists, Harrogate Clinic, North Yorkshire (15.10.05)
 - 'Psychotraumatology owes a lot to Arriva Trains Northern.' EMDR Interest Group, The Retreat Hospital, York (26.10.05)
 - 'Trauma Awareness Training at PC Harringtons' (on behalf of Moving Minds Ltd.) PC Harringtons, London (23 & 24.11.05)
 - 'Psychological Trauma at Work, 3 lectures: Trauma in the workplace; What can be done to get workers back to work' & 'Workplace trauma and the law.' Moving Minds Ltd, University Of Birmingham, (18.2.06)
 - 'Trauma Awareness Training (for Moving Minds Ltd.) United Response, Leeds (6 & 7.4.06)
 - 'Psychological Support for Employees at ConocoPhillips: EMDR.' ConocoPhillips Oil, Aberdeen (21.3.07)
 - 2-day staff training newly proposed 3-week EMDR in patient training programme' Cygnet Hospital, Harrogate (19 & 20.9.07)
 - 'EMDR & Positive Psychology.' Novartis Foundation, London (4.10.07)
 - 'Contraindications and Safety Considerations in the selection of clients for EMDR.' NE England Regional Group, Darlington (9.1.08)
 - "'I'm so grateful it happened": The Lived Experience of Post Traumatic Growth following Road Traffic Accidents and EMDR treatment.' School Of Health Sciences, Birmingham University (29.4.08)
 - 'My job: What has working on the railways got to do with Earthquakes?' The Scout's Association: Haxby Scouts, York (Nov 08)
 - 'EMDR Supervision: What the supervisee wants from EMDR supervision v. what EMDR Accreditation requires for competency'. 1st Autumn Workshop Conference, York (Oct 08)
 - 'A Taxonomic, Historical, Philosophical and Theological Perspective on Positive Psychological Change after Trauma', West Midlands BABCP (8.7.09)
 - 'What happens after successful EMDR? Post Traumatic Growth becomes 'Network Growth''. 10th EMDR Europe Conference, Beurs van Berlage, Amsterdam (June 2009)
 - 'How to...The Blind to Therapist Protocol (B2T) 2nd Autumn Workshop Conference, Well Met Centre, Leeds (Oct 09)
 - 'Mental Health and EMDR in Egypt'. EMDR, NE England Regional Group, Darlington (9.6.13)
 - 'EMDR and Positive Psychological Outcomes.' Visiting lectures, Teesside University (3rd year DClinPsych students) (28.10.10) – yearly thereafter – current at 2017
 - 'Which, how and why memory networks combine: A Plasticity of Meaning (PoM) extension to Adaptive Information Processing'. 9th Annual Conference of the EMDR UK & Ireland, Bristol (26.3.11)
 - 3 Guest lectures (8.4.11) Chester and NE Wales BABCP study day:
 - 'Introduction to Positive Psychological Change including PTG'
 - 'The Building Blocks of Positive Psychological Change'
 - 'What happened after successful EMDR?'

- 'Positive Psychology and EMDR: An obvious combination?' with Moore, L. (October 2011). Presentation at the 3rd Annual EMDR Autumn Workshop Conference, Durham, England
- 'Treatment of occupational trauma on the rail network or "Psychiatry owes a lot to British Rail"'. The ARIOPS Conference, The Railway Museum, York (17.10.11)
- 'Plasticity of Meaning: A proposed AIP theory extension to explain the totality of psychological change after EMDR.' 13th EMDR Europe Conference, Madrid, Spain (16.6.12)
- 'EMDR & Positive Psychology SIG (Special Interest Group inaugural meeting)'. 4th EMDR Autumn Workshop Conference, Sheffield, UK (5.10.12)
- HAP Volunteer Consultant/Supervisors Training Day, Birmingham, (30.11.12)
- 'The range of uses of the 'Blind to Therapist' EMDR protocol.' 5th Autumn Workshop Conference, Teesside University, Darlington (4.10.13)
- 'Imagery: The world is your oyster.' IAPT Course guest lecture, Teesside University, Darlington (26.6.13)
- 'Refresher on EMDR and special topics for the ECO Trial Training Day Leeds IAPT (16.12.13)
- Depression and Rheumatoid Arthritis York RA Support group (8.3.14)
- Where to next? EMDR SIG lunchtime meeting 15th EMDR Europe Conference, Edinburgh (28.6.14)

Professional interests and research areas

- Eye Movement Desensitisation & Reprocessing (EMDR)
- Phenomenology of psychological change after traumatic experiences
- Healthcare philosophy, particularly 'continental philosophy'

David is now part-time and is not available on Mondays