

## Mark Brayne

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<b>Profile</b>	<p>EMDR Europe-Accredited and EMDRIA US Approved Consultant and workshop leader provider, couples therapist and UKCP-registered psychotherapist. (16,500+ client hours)</p> <p>Director of EMDR Focus Ltd.</p> <p>Former BBC and Reuter foreign correspondent/editor with 30 years' experience of working in and reporting from and about Russia, Eastern/Central Europe and China.</p> <p>Founder and past chair East Anglia Regional Group EMDR Association UK &amp; Ireland</p> <p>Founding Director Europe (2002-2008) Dart Centre for Journalism and Trauma.</p> <p>Founder and first Director BBC Trauma Support Programme (2003-2004).</p>
<b>Higher Education</b>	<p>Postgraduate Diploma in Couples Therapy (CCPE, 2010)</p> <p>Postgraduate Diploma in Psychotherapy Supervision (CCPE, 2009)</p> <p>Masters Degree (with distinction) in Transpersonal Counselling &amp; Psychotherapy, CCPE/DeMontfort University (2000). Dissertation topic: The Personal Experience of the Foreign Correspondent.</p> <p>Diploma in Transpersonal Psychotherapy, Centre for Counselling and Psychotherapy Education, CCPE London (1999).</p> <p>Certificate in Foundations of Counselling and Psychotherapy CCPE London (1995).</p> <p>Bachelor of Arts, University of Leeds (1973). First Class honours in German and Russian.</p>
<b>Further Training/ Memberships</b>	<p>EMDR Europe Accredited Consultant 2011/Practitioner 2008</p> <p>EMDRIA (US) Approved Consultant and Credit Provider 2022-</p> <p>Parnell Institute Training Facilitator in Attachment-Focused EMDR 2015-2020</p> <p>Trustee EMDR UK and Ireland Association, 2014-2015</p> <p>Trustee EMDR Humanitarian Assistance Programme UK &amp; Ireland (HAPUK&amp;I) 2009-2014</p> <p>Various CPD as required for continued UKCP accreditation.</p> <p>Board Member, European Soc for Traumatic Stress Studies ESTSS 2004-2008.</p>

<p><b>Publications (a selection, apart from work as BBC Correspondent)</b></p>	<p><b>Clinician and Patient Experience of Internet-Mediated Eye Movement Desensitisation and Reprocessing Therapy.</b> <i>Journal of Psychosocial Rehabilitation &amp; Mental Health</i>. 2022. With Bursnall M, Hinds D. et al.</p> <p><b>A Qualitative Study on Clinicians’ Perceptions of Attachment-Focused Eye Movement Desensitisation and Reprocessing Therapy.</b> <i>Journal of Counselling and Psychotherapy Research</i>. 2021. With Kaptan S. <b>Attachment-Focused EMDR</b> – Research and presentation to EMDR UK annual conference March 2018 on therapist and client experience of AF-EMDR in practice.</p> <p><b>It’s a Kind of Magic – EMDR and the Transpersonal.</b> <i>EMDR Now</i> 2017</p> <p><b>The Standard Protocol: Time to Move On?</b> <i>EMDR Now</i>, Jan 2015</p> <p><b>Journalists’ and Media professionals’ attitudes to PTSD and help-seeking: a descriptive study.</b> (With Greenberg, Gould, Langston). <i>Journal of Mental Health. Informa Healthcare</i>. 2009</p> <p><b>Emotions, Trauma and Good Journalism.</b> In <i>International News Reporting – Frontlines and Deadlines</i>. Owen&amp; Purdey, Wiley 2008.</p> <p><b>Journalism and Trauma Support.</b> In <i>Employee Wellbeing Support; A Workplace Resource</i>, Wiley 2008.</p> <p><b>Climate Change and the Therapist.</b> <i>Therapy Today</i>. December 2007</p> <p><b>Early Psychosocial Intervention Following Traumatic Events.</b> <i>American Journal of Psychiatry</i> (with Bisson, Ochberg, Everly). July 2007</p> <p><b>Tackling the Macho Culture.</b> In <i>International Journalism</i>, Wiley, 2007</p> <p><b>Media Workers and the Duty of Care.</b> In <i>Counselling at Work</i>, ACW/BACP summer 2006</p> <p><b>The Dart Centre and the Reporting of Trauma.</b> <i>Wildwasser Berlin</i>, 2006.</p> <p><b>Tackling the Macho Culture: Trauma and Journalists.</b> in <i>Counselling at Work</i>, ACW/BACP Autumn 2004.</p> <p><b>Emotions, Trauma and Good Journalism.</b> In: <i>International News in the 21st Century</i> (John Libbey/University of Luton Press, 2004).</p> <p><b>The Problem of Distance.</b> In: <i>Reporting the News from China</i>, ed Robin Porter, Royal Institute for International Affairs, 1992</p> <p><b>Filming the PLA.</b> In: <i>Bulletin of the British Association for Chinese Studies</i>, London, Sept 1989.</p> <p><b>Luther: “One of the Greatest Sons of the German People.”</b> In: <i>GDR Monitor</i>, Dundee, Summer 1980.</p>
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Experience and Employment	
<b>Previous five years (2020-2025)</b>	<p><b>Delivered multiple (&gt;60) online and in-person workshops on attachment-informed EMDR</b>, built around Unleash Your EMDR Parts 1 and 2, together with individual webinars on couples work with EMDR, interweaves, targeting, intergenerational trauma, and live session workshops for EMDR therapists esp in the Anglophone world (UK, Australia/NZ, USA). See <a href="http://www.emdrfocus.com">www.emdrfocus.com</a>.</p> <p><b>Regular attendance</b> at EMDR UK annual national conferences.</p> <p><b>Continuing to help organise</b>, as key board member of EMDR Regional Group East Anglia, online and in-person networking days. See <a href="http://www.emdrassoceastanglia.org.uk">www.emdrassoceastanglia.org.uk</a>.</p>
<b>Aug 1998-present</b>	<p><b>Psychotherapist in private practice</b></p> <ul style="list-style-type: none"> <li>• EMDR Europe Accredited (2011-present) and EMDRIA-Approved (2022-present) Consultant following foundation training in EMDR 2004 and accreditation 2009 as EMDR Practitioner.</li> <li>• Since 2022 EMDRIA-approved workshop credit provider.</li> <li>• UKCP-registered since 2000</li> <li>• 16,500+ client hours to date</li> <li>• Regular supervision</li> <li>• £6m professional indemnity insurance</li> </ul>
<b>Jan 2015 - present</b>	<p><b>Director EMDR Focus Ltd</b></p> <p>UK organisation delivering support and workshops in Advanced, Integrative, Transpersonal attachment-informed EMDR.</p>
<b>Sept 2003 – 2019 (when Braynetwork absorbed into EMDR Focus)</b>	<p><b>Director, Braynetwork</b></p> <p>Company dedicated to therapeutic support for individuals and organisations dealing with the experience and aftermath of trauma.</p> <p>Numerous training courses and trauma support delivered to:</p> <ul style="list-style-type: none"> <li>• Universities of Cardiff, Roehampton, Huddersfield, Falmouth, Bournemouth, Pamplona (Spain), University of the West of England (2007–2023)</li> <li>• Comic Relief (2011–2014)</li> <li>• News International (2010)</li> <li>• Deutsche Welle (2008)</li> <li>• OSCE Belgrade (2007)</li> <li>• Balkans Investigative Reporters Network (2007)</li> <li>• National Public Radio US (2007–2017)</li> <li>• NBC News (2007)</li> <li>• WDR Germany (2006–2011)</li> <li>• ABC News (2006–2007)</li> <li>• Reporters without Borders Spain (2006)</li> <li>• Washington Post (2006, 2008)</li> <li>• Financial Times (2006, 2008)</li> </ul>

	<ul style="list-style-type: none"> <li>• CBS News (2006)</li> <li>• Al-Jazeera, Doha (2006)</li> <li>• Agence France Press (Paris) (2005)</li> <li>• ITN (2005)</li> <li>• Media Diversity Institute Croatia (2003)</li> <li>• Reuters News Agency (2002–2012)</li> <li>• BUPA (2002–2008)</li> <li>• BBC (2002–2007) Varied and frequent public speaking engagements, keynote addresses on EMDR, journalism and psychotherapy, and workshops/seminars including:</li> </ul> <p>Continuing CPD workshops for EMDR-trained therapists: <i>Unleash your EMDR: Release the Magic</i>, Parts One, Two and Three (participants: 1000+ as of Oct 2021 across UK, US, Australia and NZ)</p> <ul style="list-style-type: none"> <li>• <i>Working with EMDR Online</i> webinars (March 2020) with Dr Jamie Marich (5000+ participants), EMDR Australia, and EMDR Regional Group East Anglia (each 200+ participants)</li> <li>• Organising and speaking at successive EMDR Association East Anglia regional networking events – Norwich, Ely, Cambridge, Chelmsford, Ipswich (2014–present)</li> <li>• Leeds EMDR Regional Group (May 2017, on Attachment-Focused EMDR)</li> <li>• York EMDR Regional Conference (Oct 2015)</li> <li>• BACP Private and Independent Practitioner Networks, London – two keynotes (Sept 2015)</li> <li>• South-West Trauma Network Conference, Bristol (Oct 2014)</li> <li>• Stroud Trauma Symposium (Nov 2011)</li> <li>• European Society for Traumatic Stress Studies (ESTSS) (2003, 2005, 2007)</li> <li>• International Society for Traumatic Stress Studies (ISTSS) (2002–2007)</li> <li>• Cirencester Counselling Service (2008)</li> <li>• Coupleworks (2008)</li> <li>• South Yorkshire Fire Service (2008)</li> <li>• Association of Independent Practitioners, BACP (2007)</li> <li>• German Psychotrauma Society DeGPT (2007)</li> <li>• Swedish Society for Disaster Psychology (2006)</li> <li>• Danish Society of Disaster Psychology (2006)</li> <li>• Turkish Society for Traumatic Stress Studies, Istanbul (2005)</li> <li>• British Association for Counselling and Psychotherapy (2002, 2007)</li> <li>• Association for Counselling at Work (BACP, 2005)</li> </ul>
<b>Jan 2015-Mar 2020</b>	Training Facilitator, Parnell Institute for Attachment-Focused EMDR

<b>Jan 2002-Jan 2008</b>	<p><b>Director Europe, Dart Centre for Journalism and Trauma</b>  Setting up and directing European operations of then-Seattle-based Dart Centre – world’s only NGO explicitly dedicated to furthering understanding and awareness within the media world of trauma and trauma science.</p> <p>Public speaking engagements, keynote addresses and workshops/ seminars involving and including for example</p> <p>ISTSS symposium contributions annually in November, on issues of journalism and trauma (2002-2007)  News Xchange (2002-2007)  Russian Union of Journalists (2005 – 2007)  AZPrensa, Spain (2007)  European Broadcasting Union (Warsaw 2006)  Belgian Union of Journalists (2005)</p>
<b>Oct 2002-July 2003</b>	<p><b>Director, BBC Project for Journalism and Trauma.</b></p> <ul style="list-style-type: none"> <li>Devised and implemented comprehensive programme of trauma awareness raising and support across the BBC in advance of the 2003 Iraq war.</li> </ul>
<b>Aug 1994-Oct 2002</b>	<p><b>Regional News and Current Affairs Editor, European Region, BBC World Service</b></p> <ul style="list-style-type: none"> <li>Responsible for editorial coherence and standards within 12 European language services of the BBC, ranging from Polish to Greek. Extensive experience in journalism training and editorial leadership.</li> <li>Helped manage the introduction at the BBC of the provision of confidential counselling and of training for work in hostile environments.</li> </ul>
<b>Aug 1992-Aug 1994</b>	<p><b>Deputy Head, Central European and Russian Language Services, BBC WS</b></p> <ul style="list-style-type: none"> <li>Co-managing the then 13 Central European and Russian language services of the BBC. With the Russian Svc, identifying reform requirements in one of BBC World Service’s key languages, leading to significant restructuring and refocusing.</li> </ul>
<b>Mar 1992- Aug 1992</b>	<p><b>Head of BBC World Service Current Affairs and Talks</b></p> <ul style="list-style-type: none"> <li>Daily editorial management and writing of central provision of written analysis on current affairs, mainly for translation and adaptation by Language Services</li> </ul>
<b>Jan 1988-Mar 1992</b>	<p><b>Diplomatic Correspondent, BBC World Service, based London</b></p> <ul style="list-style-type: none"> <li>Covering the end of the Cold War and travelling extensively for</li> </ul>

	<p>BBC Radio in Europe, Middle East, USA, China and Far East, and Africa.</p> <ul style="list-style-type: none"> <li>Covered the fall of communism and in particular demonstrations in Tiananmen Square, Beijing, 1989, the fall of Ceausescu in the Romanian Revolution, and also Soviet-American disarmament summits and the 4+2 negotiations that led to the reunification of Germany.</li> </ul>
<b>Aug 1984-Dec 1987</b>	<p><b>BBC Beijing Correspondent</b></p> <ul style="list-style-type: none"> <li>Travelled extensively in China and the Far East, covering the beginnings of China's rise after the Cultural Revolution to the status of major world economic and political power.</li> </ul>
<b>Apr 1981-Aug 1984</b>	<p><b>BBC Central Europe Correspondent</b></p> <ul style="list-style-type: none"> <li>Based Vienna, covering Eastern Europe from Poland and Czechoslovakia to Bulgaria and Yugoslavia.</li> <li>Highlights being the rise and fall of Solidarity in Poland, with martial law, and the beginnings of the end of Yugoslavia.</li> </ul>
<b>Nov 1978- Mar 1981</b>	<p><b>BBC Berlin Correspondent</b></p> <ul style="list-style-type: none"> <li>Operating out of West Berlin but covering mainly East German affairs, in German for BBC German Service as well as English for wider BBC.</li> </ul>
<b>Jan 1977-Nov 1978</b>	<p><b>Reuters Correspondent, East Berlin</b></p> <ul style="list-style-type: none"> <li>As only reporter for major English-language news outlet, reporting GDR affairs in English and in German.</li> </ul>
<b>Jan 1976-Dec 1976</b>	<p><b>Sub-Editor, Reuters World Desk</b></p> <ul style="list-style-type: none"> <li>Editing international news copy</li> </ul>
<b>May 1974-Dec 1975</b>	<p><b>Reuters Correspondent, Moscow bureau.</b></p> <ul style="list-style-type: none"> <li>Trainee post initially, becoming fully-fledged correspondent and member of three-man bureau.</li> </ul>
<b>Oct 1973-May 1974</b>	<p><b>Reuters Graduate Trainee, London</b></p> <ul style="list-style-type: none"> <li>Training and preparation for first posting and for career in journalism.</li> </ul>
<b>Oct 1968-June 1973</b>	<p><b>University of Leeds</b></p> <ul style="list-style-type: none"> <li>First-class Degree in German and Russian.</li> <li>Included one year in Moscow 1972-73 as British Council undergraduate student</li> <li>Summer term 1971 as student in Leipzig, East Germany</li> </ul>