



EMDR Association Spain Uganda Team

Madrid, August 4th, 2016

To whom it may concern

This letter is to serve as a formal recommendation letter for Dr. Patricia Villavicencio Carrillo. Mr. Eduardo Plata and Mr. Rodrigo Martin.

Dr Villavicencio is a Ph.D in Psychology, a Clinical Psychology Specialist, and the coordinator of the Psychological Trauma Unit at the Hospital Clínico San Carlos of Madrid. She is also an Associate Professor at the Psychology Department the Universidad Complutense of Madrid. Additionally Dr. Villavicencio has publish a few articles, chapters on the field of gender violence and trauma, and done several presentations in national and international Congresses in her field of her expertise.

Dr. Villavicencio is also an EMDR Europe accredited practitioner. EMDR (Eye Movement Desensitization and Reprocessing) is a scientifically supported treatment for PTSD (post-traumatic stress disorder) recommended by numerous organizations internationally (e.g., World Health Organization, 2013). It is characterized by standardized procedures and protocols that include a bilateral sensorial stimulation such as repeated eye movements, aimed at processing and working through memories of trauma and other adverse life experiences.

The EMDR Association Spain is scientifically and financially supporting a couple of projects Dr Villavicencio and her team, Rodrigo Martin and Eduardo Plata (iexperts in the field of music and sports) are taking to Uganda next August. These two projects are framed as EMDR Spain Humanitarian actions and their goal is to apply Resource development and installations (techniques developed in the EMDR framework) in order to strengthen mastery experiences and the positive emotions promoted by joyful programmed musical and sports activities designed by Dr. Villavicencio's team.

The main reason I am contacting your Institution or Organization is the following: EMDR Association Spain, represented by Francisca Garcia president of EMDR Association Spain, is very interested in giving free EMDR training and supervisions in Uganda as done already in Cuba; several hundred psychologists, doctors and psychiatrists have been trained in EMDR and are working in the Mental Health institutions in Cuba already thanks to EMDR Spain. Villavicencio and Plata are in charge of organizing a future free EMDR Training offered by EMDR Association Spain as a Humanitarian Action in Uganda.





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Dr. Villavicencio and Mr. Plata are arriving to Uganda the 14th and we would like to find a way to contact in professionals in the health & education system (Clinical Psychologist Specialist, Psychiatrist, Medical doctors, psychological counselors, nurses) in order to organize the EMDR future training in Uganda.

Throughout this presentation letter we highly recommend Dr. Villavicencio, Mr. Plata and Mr. Martin. EMDR Spain sincerely hopes that your Institution or Organization give our requests favorable consideration and the opportunity to fulfill our goals regarding the matter I have described above. We would very much welcome your views on the content of this letter and more generally on how we can together make EMDR Spain offer come true. Please, do not hesitate to contact us if you need any further information about these matters.

Yours faithfully



Francisca Garcia
President of EMDR Association Spain

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