

EMDR Therapy Bonds Father and Son Models with Life Changing Results

Submitted by: MOT models

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With Father's Day fast approaching, it's natural for sons and fathers to focus on the quality of their relationship. This is no different for the most high profile models with a reputation for confidently promoting world famous brands internationally.

London-living, Dutch-born Remco Van Der Linden (http://www.motmodel.com/Detail.aspx?model_id=2645), aged 42, represented by Europe's leading model agency MOT (<http://www.motmodel.com/>), signed up to a life of modelling in 2000 and spends much time travelling the world on high profile assignments for brands including Jaguar Cars, Fat Face, M&S, the German retailers Kaufhof and Ulla, and the Italian designer Castella d'Oro.

Remco recently introduced his 72-year-old father, Aad Van Der Linden (http://www.motmodel.com/Detail.aspx?model_id=7612&curpage=0&cat=classics&gender=M&type=null), to the agency and they've completed a joint assignment for Japanese photographic company Tamron (<http://www.tamron.eu/uk/>) with astounding results.

Contrary to appearances, Remco has only recently gained a close relationship with his father who has been coached using Eye Movement Desensitisation and Reprocessing (EMDR) psychotherapy (http://www.emdrassociation.org.uk/home/about_EMDR_therapy.htm) to overcome a life-changing event that occurred for Aad which placed tension between the father and son.

Thirty years ago, 42-year-old Aad was haunted by a road traffic accident that made life exceedingly difficult for him, and, though he was not to blame, he was left with feelings of guilt.

Two years ago, a mutual friend suggested that Aad begin a course in EMDR to help him overcome his trauma and after just eight sessions of treatment, Aad is now at peace with himself and able to enjoy life to the full.

The pair have now completed a number of photoshoots and many more are planned for the future thanks to their new-found connection. Remco is starting to spread the message of EMDR and the success it has accomplished with varying groups of people.

Mike Illes, Director of MOT Models, said "This time around Father's Day is a reminder of the importance of maintaining strong bonds with those closest to us. We are proud to support Remco and his father's mission to help others overcome psychological blocks through the effective therapy of EMDR. I am blessed because I work with inspiring people with incredible stories, and this one is exceptionally moving."

EMDR is a psychotherapy discipline using eye movement to help people process different feelings when remembering an experience, making them feel alleviated and confident. Typically, it is an eight stage process that can take up to ninety minutes per session, with high success rates including helping combat veterans to overcome Post Traumatic Stress Disorder (PTSD).

The process was discovered by Dr Francine Shapiro and developed through the late eighties, she realised that eye movement appeared to decrease the negative emotion associated with her own distressing memories.

It has become an increasingly popular therapy option in the United States and recognised by the World Health Organisation as an effective treatment for PTSD. EMDR is also an approved practice by The National Institute of Clinical Excellence

(<https://www.nice.org.uk/guidance/cg26/chapter/1-Guidance#the-treatment-of-ptsd>) (NICE) in the United Kingdom, as well as the NHS

(<http://www.nhs.uk/Conditions/Post-traumatic-stress-disorder/Pages/Treatment.aspx>) with organisations such as The London Psychiatry Centre

(<http://www.psychiatrycentre.co.uk/our-services/supportive-therapies/emdr-therapy/?gclid=CIL1mYG19csCFcG6GwodX3ACm>) now offering EMDR it as one of their therapy sessions.

Remco Van Der Linden believes this therapy could help numerous people on a vast scale, having an incredible effect on his father after a thirty-year period.

The photos published by London-based MOT Models show the strong connection now shared with Remco and his father. They hope to inspire others to try EMDR to give back livelihoods to those who have also suffered traumatic events and retain healthy relationships with the revolutionary therapy.

For more information please see the EMDR Association UK and Ireland website www.emdrassociation.org.uk. It's important to use an accredited therapist for EMDR and a list of them can be found on the website.

Links:

Remco Van Der Linden: http://www.motmodel.com/Detail.aspx?model_id=2645

Aad Van Der Linden:

http://www.motmodel.com/Detail.aspx?model_id=7612&curpage=0&cat=classics&gender=M&type=null

EMDR: <http://www.emdrassociation.org.uk/home/index.htm>

MOT Models: <http://www.motmodel.com/>

Dr Francine Shapiro: <http://www.emdr.com/history-of-emdr/>

NICE: <https://www.nice.org.uk/guidance/cg26/chapter/1-Guidance#the-treatment-of-ptsd>

NHS: <http://www.nhs.uk/Conditions/Post-traumatic-stress-disorder/Pages/Treatment.aspx>

London Psychiatry Centre:

<http://www.psychiatrycentre.co.uk/our-services/supportive-therapies/emdr-therapy/?gclid=CIL1mYG19csCFcG6GwodX3ACm>

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A superb selection of high resolution Images is available on request.

Interviews with Mike Illes, Remco Van Der Linden and Aad Van Der Linden available on request.

For further information or images please contact Adam Betteridge at Famous Publicity on 0333 344 2341 or email adam@famouspublicity.com or Tina Fotherby on 07703 409 622 or email tina@famouspublicity.com.

About MOT Models:

MOT Models is a leading London model agency which provides excellent models to top photographers, advertisers, designers and production companies. MOT models can be recognised in many advertising and commercial campaigns worldwide.

One of the oldest established agencies in the UK, MOT Models is constantly at the forefront of the modelling industry, bringing about innovation and setting the highest ethical standards.

MOT is a broad-based agency with models of all ages, ethnicities and types. One thing all MOT models share is quality of work and commitment to making sure that the assignment is successful, whether it is for a worldwide campaign or a brochure for a small company.

Whilst many agencies are now trying to imitate the MOT approach, none can match the combination of model and service offered by MOT.

MOT has an enviable reputation for developing new talent. Many of its leading models have been with it through their education and into full-time careers as models. The agency provides nurturing, considerate and thoughtful management, which leads to a good and lengthy career.

The agency was sold in 2006 to a large Dutch company and bought back into private ownership in 2009. The four directors and shareholders all work operationally and have over 70 years' combined experience in the agency. It is this level of experience that ensures that MOT Models maintains high and consistent levels - an agency that clients and models can trust.