

Eye Movement Desensitisation and Reprocessing (EMDR) therapy training (Level 1 EMDR Europe), Belfast (1st August - 4th August 2016).

I would like to sincerely thank FPSA for their generous funding which enabled me to undertake EMDR Level 1 training.

The Course

The training involved 4 (four) days of intensive tutorials on teaching and general theory and practice components of self experience and (as well as) live demonstrations. The training (course) was facilitated by a very knowledgeable team of EMDR consultants and trainers (Dr Derek Farrell, Dr Paul Miller and Mr Davy Hutton). Throughout the course we covered the following: (The following topics were covered :)

- EMDR and the PTSD Evidence Base
- AIP – The theoretical model of EMDR
- The 8 phase Protocol
- Treatment planning
- Basic strategies for dealing with blocked processing
- EMDR Precautions
- Practical exercises and Role Play
- Supervised live experience as both therapist and client
- Clinical Supervision – preparing for clients
- Research to date
- Using EMDR therapy where you are now
- Neurobiology of trauma
- The phenomenology and nosology of posttraumatic mental states

The benefits of the course on my professional practice and development

I think the course has provided me with the knowledge and confidence to begin using EMDR therapy with our adolescent population who meet the criteria. The training also provides ongoing supervision where we discuss live cases. This element bridges the gap between knowledge and practice in a safe and supportive environment.

Could/will benefit from EMDR intervention. The back-up supervision which has been promised gives added confidence in exploring this therapeutic option while ensuring safe evidence based practice.

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Introduction:

The course comprised four days intensive teaching/learning on the principles and practice of EMDR including; lectures, tutorials, demonstration and self-experience. All aspects of EMDR from history through theoretical models, formulation of evidence base to treatment and clinical supervision were explored during the course.

Rationale for undertaking the course:

EMDR has been proven to be effective form of treatment for Trauma and PTSD. In my work place, I practice as a cognitive behavioral therapist with adolescents who present with these complex mental health difficulties.

Reflection on the course (benefits):

There were many beneficial aspects to undertaking the EMDR course which made it a worthwhile learning experience including:

- The knowledge and practical expertise of the teaching team;
- A highly motivated group of attendees coming from a variety of professional backgrounds and experiences, who interacted well as a group with much to offer within the group;
- A well structured course with teaching and learning organised to optimise student learning within the available timeframe.

I have come away with an increased knowledge of EMDR. Having observed demonstrations and completed practice sessions with colleagues I have gained the confidence to introduce EMDR as a potential therapeutic option in my practice. I have identified clients in my practice whom I believe would benefit from EMDR intervention. Supervision will be provided which by the trainers and thus ensuring safe evidence based practice.

I would like to sincerely thank FPSA for their generous funding which enabled me to undertake EMDR Level 1 training. Without them I would not have been able to undertake the EMDR training and help adolescents who present with complex trauma and PTSD. Thank you,

James Callaghan

Cognitive behavioural Therapist.