

Eye Movement Desensitisation and Reprocessing (EMDR Training)

- 7 days training, split into 3 Parts Part 1 (3 days), Part 2 (2 days), Part 3 (2 days) (Completed Part 3 on the 19th June 2020)
- Training provider: EMDR Academy
- Venue; Hinsley Hall Leeds
- EMDR Europe Standard Accredited training

I would like to thank FPSA for the incredible and generous grant which enabled me to attend Training Parts 1 2 and 3 of Eye Movement Desensitisation and Reprocessing (EMDR) via the EMDR academy. I attended the course over two different blocks in Leeds and the third part via ZOOM due to the COVID pandemic.

The course was heavy going, but exceeded my expectations, I went on to self-fund EMDR training specific for working with children and young people which was so insightful and helpful. I am currently accessing further EMDR Master classes with Ana Gomez online. Although COVID has impacted on my private practice, it has given me the opportunity to access training online that was not previously available. As the basic training was funded, it has enabled me to self-fund additional training.

Despite offering different therapies, I have found EMDR to be amazing and is the missing piece to my Trauma work. I work in private practice with adopted and looked after children. These children have often experienced high levels of trauma and working with this can take a long time to process their trauma and can be hard for carers to hold their stories, whereas EMDR makes this possible and fairly quickly. Many colleagues had recommended EMDR and how it had transformed their work, but without the generous funding the FPSA gave me I would not have been able to afford it at this present time.

Due to COVID pandemic I have not started to officially practice but will be re-opening my private practice in September and look forward to offering this therapy to the children and young people I support. The training is very intense, heavy going but covered a variety of different protocols to work with various kinds of difficulties clients may face. EMDR can be adapted to work with all sorts of presentations including phobias, anxiety, eating disorders, depression and other issues.

The course was academic, the trainers shared a PowerPoint, case material and video clips but there were also practical elements and there were lots of opportunities to practice the various protocols and process our own small traumas during the 7 days training. There was lot of group discussion and opportunity to ask question. You are provided with a detailed manual for each of the 3 parts and given a list of recommended reading. As part of the training you are also provided group supervision and given the opportunity to share your case material which was very helpful in the learning process.

EMDR will definitely enhanced my work with young people who have experienced trauma. I would definitely recommend EMDR training to others, particularly if working within a similar field.

Once again, thank you for the funding, it has made such a difference both professionally and personally.

Children's Therapist & Social Worker