

EMDR

I am so grateful to the FPSA for providing the funding for two training events which have greatly enhanced my practice in working with adolescents who have experienced trauma.

As a Clinical Psychologist, I had already completed parts one and two of my training in Eye Movement Desensitisation and Reprocessing (EMDR) when I started to work in a trauma service for children and adolescents. This gave me skills in working with those who had experienced a single-event trauma. However, I quickly discovered that many of the children and young people referred to the service needed support for complex, multiple traumas where a higher level of specialist skills were needed. This included young people who had experienced long-term abuse, refugees who had lived in countries during war and adolescents with long-term health conditions.

The FPSA granted me funding to complete Part 3 of my EMDR training, which was a three-day training course on 10th-12th April 2019 run by Sandi Richman. Here I learnt how to adapt the standard protocol for working with more complex presentations, which greatly enhanced my skills. In particular, we learnt a technique called a 'cognitive interweave' to be used when someone is stuck or frozen when they re-live aspects of their traumatic experience, and I have used this technique a lot since to aid the processing experience.

The FPSA also granted me funding to attend Part 1 of the Child EMDR training, which I attended on 21st-22nd November 2020 run by Susan Darker-Smith. This training is focused specifically on adapting EMDR to use with children and adolescents. Here I learnt how to create a trauma narrative and how to work with parents and carers to help facilitate the processing of the traumatic events. This was extremely useful and one of the most interesting and thought-provoking training events I have attended.

I would like to sincerely thank the FPSA for funding these two training events, which has equipped me with the skills I needed to work most effectively with adolescents who have experienced trauma. I use EMDR most days in my clinical work and find it to be a very useful intervention which results in a decrease in the amount of distress associated with the difficult and complex experiences that people have been through. I will continue to use EMDR in my work in paediatric services and with those specifically referred for PTSD. I would highly recommend other therapists to attend EMDR training if they work in similar roles.

Clinical Psychologist

Working in Paediatrics in the NHS, and with London Trauma Specialists.