

## **Eye Movement Desensitisation and Reprocessing (EMDR Training)**

Thanks to the very generous grant I was awarded by the FPSA, I was able to complete EMDR Basic Training. I attended the Europe & UK Accredited course offered by the EMDR Academy. Initially this was planned to be in 3 parts, comprising of 7 and ½ days training in total, delivered face to face in London. However, after completing part 1 (3 days) in London in February 2020, due to the COVID pandemic, the rest of the course moved to an online delivery via Zoom. Part 2 (2 days online training) was carried out in July and Part 3, also delivered online, was split into a theory training day, a practical training day and an online supervision half day, completed in November 2020. Despite the disruption of the uncertainty and changes around training delivery, due to changing health and safety restrictions around COVID, the EMDR Academy did an incredible job. The course provided in-depth training, covering a variety of different protocols, and building up my confidence in applying this modality in my clinical work. Examples of the trainer's practice were inspiring and demonstrated the amazing efficacy of this approach. Clients experiencing significant impairments in daily life due to the impact of trauma can be supported to process their experiences, so that they are relieved of troubling symptoms and heal from their distress.

During the training, you are provided with 3 detailed manuals including the PowerPoint slides covering the theoretical presentations and resource templates. You also have access to their website resources, which I have found very helpful.

As part of the training, I was required to practise EMDR with 3 clients. Although I had to overcome my initial doubt and a lack of confidence in delivering EMDR online via video platforms, it is an approach I continue to use and have been favourably impressed with the positive outcomes. I have used it when working with clients from the age of 8 to 16 years, with a range of presenting issues including domestic abuse, sexual abuse and with a refugee resettled in the UK having fled from war. The course including resourcing activities such as safe place, butterfly hugs and visualising representations of positive qualities ('Resources') that can be used for emotion regulation during and between sessions. The protocol is a robust framework for young people to be able to process difficult memories and emotions, that might feel too challenging to approach via talking therapy. Working in the Trauma Service of a Child and Adolescent mental health service, I have welcomed the addition of EMDR to my clinical toolkit and I hope to develop my skills in using it to the benefit of my clients. I will be highly recommending EMDR training to my colleagues.

I want to express my gratitude to the FPSA for their support, as without this grant, I could not have received this training.

Thank you.

Child and Adolescent Psychotherapist and EMDR therapist