

Eye Movement Desensitisation and Reprocessing (EMDR Training)

I was grateful to receive the grant to do the EMDR Training between 2019-2020. The training is delivered over 7 days and is divided into 3 parts. I chose EMDR Academy to do the Standard EMDR Europe Accredited Training with and have been very impressed by the organisation and the trainers. I completed part 1 (3 days) in July 2019 at Roehampton University in London and part 2 (2 days) in July 2020 and part 3 (2.5 days) in November 2020. Part 2 and Part 3 were delivered online on Zoom due to the disruptions caused by COVID. In order to ensure that the training complied with EMDR Europe's new online standards, an extra half day supervision was added to part 3 to ensure trainees were confident and competent to deliver EMDR online. In order to pass the qualification, you need to complete the 8 phased protocol with a minimum of 3 clients.

I work in private practice and most of the young people referred to my service from schools, parents and the local authority have experienced multiple traumatic events. As a preferred provider with the local authority, I also work with children in foster care and semi-independent living.

EMDR is an 8-phased protocol and particular importance is given to preparing the young person to process their traumatic memories. The preparation phase includes very useful exercises (safe/calm place, resource team) to teach young people how to start practicing emotional regulation. Most of the clients I work with report positive outcomes after using the resourcing techniques after the first few sessions. NICE Guidelines recommends 8 – 12 EMDR sessions for single incident traumas and the impact of EMDR can be life changing for young people.

Although Covid restrictions initially delayed the completion of my EMDR Training, the opportunity to practice EMDR online with peers during the training has been invaluable. Delivering EMDR sessions online during the lockdown has been a great learning opportunity for me and of great benefit to my practice.

Training in EMDR has allowed me to look at my clients through a trauma lens and this has greatly enriched my work with clients. I am a more competent and effective practitioner and have found the EMDR community very supportive and generous with their knowledge and expertise.

I would recommend anyone starting out on their EMDR journey to find an EMDR consultant supervisor to work with. Integrating EMDR into your current practice can feel quite daunting, especially if you work in private practice and don't know any other EMDR therapists. I will be applying for EMDR accreditation in November 2021 and am incredibly grateful to FPSA for the grant that has allowed me to do this training.

I am a complete EMDR convert and talk about the positive impact of EMDR to all my clients, parents, schools and colleagues. I highly recommend EMDR training to all therapists.

Child and Adolescent Counsellor and EMDR therapist