

EMDR Clinical Supervision –Monthly, 1 year, online Jan-Dec 2023

In 2022 I completed Level 1-3 Standard EMDR Europe Accredited training, and Level 1 Child & Adolescent EMDR. This treatment is promoted as a therapy of choice by the World Health Organisation for children and adolescents with post-traumatic stress symptoms. Medical traumatic stress is a significant burden for young people and their families in paediatric hospital settings. Following training, in order to continue to safely and effectively provide this intervention with young people, it is necessary to receive supervision by an accredited EMDR consultant on an on-going basis. This was not available within my organisation.

Receiving funding for one year of monthly clinical supervision from an EMDR consultant has enabled me to introduce this evidence-based trauma intervention to adolescents with symptoms of medical traumatic stress. I have also received referrals from other paediatric hospitals within our organisation seeking this treatment for their patients. Receiving ongoing supervision is vital in order to continue to provide high-quality care. The therapy helps young people to tolerate future medical interventions, and significantly improves their quality of life. This intervention was not available within my organisation until I received funding from the Foundation to enable me to receive ongoing supervision. Receiving one year of monthly clinical supervision has also enabled me to begin working towards accreditation so that I may be able to provide supervision to other practitioners in the organisation in the future. I am extremely grateful for the opportunity that the Foundation for PSA has provided, for both myself, my department, and the young people and families with whom I work.