

EMDR level 1 report

Thank you for funding my EMDR Child and Adolescent Level 1 training.

My training was delivered online by Susan Darker-Smith, a Europe accredited EMDR Child & Adolescent trainer.

I attended level 1 on 17th and 18th October 2023 duration of 2 days.

This course was an invaluable training for me to attend as an EMDR practitioner within community CAMHS. I work with children between age 5yrs and 18yrs and this training is the first level of two as I work towards becoming a fully qualified to deliver EMDR with children and young people (CYP). It has enhanced my practice and improved my confidence when adapting EMDR with CYP and aligns well with my original profession as a HCPC Art Psychotherapist.

The training was provided online and this was really accessible for me to attend. Susan Darker Smith was a very engaging trainer, utilising a wide variety of her own case examples and extensive professional knowledge. She was very thorough in her teaching style and provided ample space for questions, reflections and role play/ practicums for learners.

I came away from the training inspired and keen to share my knowledge and skills both within my CAMHS team and with the CYP I work with. I have used some of the modifications within my EMDR sessions - in particular for neuro diverse children and adolescents. I have felt it has also developed my knowledge of EMDR in general and how many of the skills learnt couple be applied to adults whose parts are functioning at a younger age. I enjoyed the use of narratives to support trauma recovery – this was something that was completely new to me.

It was really helpful to be reminded not only of the skills I already have but of the confidence to support CYP to access EMDR safely, supporting them in various creative ways to remain in their window of tolerance and to consider a variety of resourcing ideas.

I am excited to continue to develop these skills and support more CYP and hopefully go on to the Level 2 training to further develop my skills in this specialist trauma therapy.