

EMDR All parts training course

My training was delivered online by Matthew Wesson, a senior Europe accredited EMDR trainer.

I attended the course over 4 parts in 8 days. This included 2 group supervision days.

The course was over 4 parts dated Nov 15-17, Jan 29th, Feb 28th – 1st March and April 29th.

I work in CAMHS as an advanced mental health practitioner, I am also co-lead for the trauma pathway being an allocated clinician to children aged around 10-18 years old with a history of trauma. This training was helpful for my own personal growth and for those within the service who would benefit greatly from this therapy.

The training was provided online, and this was helpful for me as I did not have to leave a young family for 3 days at a time. Matthew was a fabulous and knowledgeable trainer, using his experiences and skills and bringing them to the training. I found the training perfect for my way of learning (as it was very practical) and I was thrilled to hear that we would start practicing the morning skills straight after lunch on the first day. The use of Matthews clinical videos, personal experiences (good as well as bad) and light heartiness made the training fun and interesting.

I found training with a group of people with a variety of job roles, a rewarding experience and I enjoyed getting to know them personally and professionally. As we have exchanged emails, I am excited to join in group supervision with them in the future, to listen to their and to share my experiences with them.

I came away from this training motivated and keen to start being allocated young people to be able to share the course knowledge and the skills I had learnt. Now having become a fully qualified EMDR therapist I have a case load of young people ages 14-18 years old that I feel are benefiting from this therapy.

I am so happy to be able to offer this therapy to the young people that I work with and am thankful to the FPSA for funding me to be able to take part in this training course, without this funding I would not have been able to complete the training.