

EMDR level 2 report

Thank you for funding my EMDR Child and Adolescent Level 2 training.

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

I attended level 2 on 11th and 12th November 2024 duration of 2 days.

This course was the second part of a two-part training to become fully qualified to deliver EMDR with children and young people (CYP). It has been invaluable training for me to attend as an EMDR practitioner working within tier 3 community CAMHS in Bristol with children and young people aged 5 – 18yrs with moderate to severe, enduring mental health difficulties. 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 used a variety of teaching methods and it was full of helpful content in particular for children with complex trauma and attachment difficulties.

I came away from the training with increased confidence and repertoire of skills and knowledge that I was keen to share within my locality team as a trauma specialist and with the CYP I work with. I have already been using some of the knowledge gained within the training in my EMDR sessions – in particular with a young person who has a complex trauma background who I am doing long term work with. I have been regularly accessing some of the resources recommended and in particular have used the formulation skills around areas of wounding that we covered on the training when in consultation with my team members.

It was really helpful to cement knowledge around the complex young people we work with in CAMHS and to have more options to support and engage them in meaningful therapy work. I am excited to continue to develop these skills and support more CYP in recovery from trauma.