

**Training:** EMDR Parts 1-4 by the EMDR Academy

**Dates:** Part 1 – 1<sup>st</sup>-3<sup>rd</sup> May 2024 (Face to face York)

Part 2 – 25<sup>th</sup> June 2024 (Clinical supervision online)

Part 3 – 10<sup>th</sup>-12<sup>th</sup> July 2024 (Face to face York)

Part 4 – 17<sup>th</sup> September 2024 (Clinical supervision online)

**Accreditation:** Awarded certificate for EMDR Europe Accredited Training inclusive of theory, learning and practicum of EMDR Therapy teaching 24 hours, supervised practise 18 hours and 10 hours clinical group supervision.

I am a Clinical Psychologist in the NHS supporting families of children and young people with epilepsy and/ or autism, in a hospital and CAMHS setting. I am so grateful to FPSA for funding my place at the above training. Learning about the protocol, treatment planning, and how to apply EMDR to different presentations has developed my skills and confidence in applying this model to the clinical population I work with.

The teaching was very interaction, with clinical videos, practical exercises and roleplay, which provided us with a good foundation of knowledge and experience. During the course, we experienced EMDR as “patients” during the roleplay, which showed me the true benefits of EMDR firsthand.

I have since applied my learning to work with young people and parents/carers to help them process traumatic situations and have seen a remarkable change in their presentation and behaviours. Going forward I will continue using EMDR regularly to make positive change to the children, young people and parents/carers I work with. I think it may be particularly beneficial to use the “blind to therapist” protocol for those who are unable to describe the content of the traumatic experience. I am going to consider attending the EMDR Child & Adolescent Training to gain more specialised knowledge on using EMDR with children and adolescents.