

Child Eye Movement Desensitisation and Reprocessing (EMDR) training Level 1

Clinical Psychologist and EMDR therapist

Attended training on Monday 3rd February and Tuesday 4th February 9 – 4.30pm

Having accessed funding through the FPSA, I was able to attend the Level 1 course for child EMDR training. I am a Clinical Psychologist working in an intensive outreach CAMHS team, working with young people aged 12 – 18 years of age who present with moderate to severe mental health difficulties.

I work within CAMHS Intensive Outreach team as a Clinical Psychologist. The team was developed to support children aged 11-18 in the community and to help avoid potential admission to inpatients. My job includes assessment, formulation and intervention. I have been trained in EMDR (Level 1,2 and 3) and feel that the child EMDR training will benefit the service, to help me support young people who have experienced traumatic incidents. I believe it is necessary for me to learn to adapt my work, to suit the children and to modify sessions to work correctly and ethically with the young person and their families. I believe the training will help young people significantly improve their quality of life. When working with children in the intensive outreach team, I feel that the safe place and formulating from systemic standpoint will improve my work. The training will help me understand the developmental needs of the younger people which is vital thinking about the assessment and formulation before the therapy. The child specific training will help me to develop child specific trauma narratives and work with family members in a group setting.

The training was delivered by Susan Darker Smith (EMDR Europe Accredited Senior Trainer) in conjunction with one facilitator for parts of the training. It was held online over zoom over two full days 9am to 4.30 pm.

Level 1 Child & Adolescent Training accredited by EMDR Europe is open to therapists who have completed Parts 1 or Level 1 of the Standard EMDR training. The course lasted two days, and the focus was on clinical skills training, particularly the basic adaptations needed to the EMDR protocol when working with children of different ages. It also covers stretching the window of tolerance for vulnerable children and working with children in a group setting. This training aims to help EMDR therapists who work with children and adolescents between the ages of 2-18, provide effective EMDR for this population. It's the first step in becoming an EMDR Europe Accredited Child & Adolescent Practitioner. This training covers the following protocol modifications for children: How to obtain a history without causing unnecessary distress. How to formulate from a Systemic Standpoint (as children are part of a system). How to establish an Inner Safe Place. How to select the most Appropriate Target and/or Protocol for individual needs. How to use the Constant Installation of Present Orientation and Safety (CIPOS) when a target memory is outside their window of tolerance. How to modify the standard protocol to meet developmental needs. How to create and use Trauma Narratives that support trauma recovery. How to work with family members in a group setting, using the IGTP Protocol.

I found this training incredibly interesting, and I am already using it in my workplace when assessing children with EMDR and when providing EMDR treatment. The course included resourcing activities such as safe place, butterfly hugs, and visualising representations of positive qualities which I have been able to use with young people. On the course I wrote a story which was used with the young person. I received a certificate following this training.

I want to express my gratitude to the FPSA for their support, as without this grant, I could not have received this training.

Thank you,

Clinical Psychology and EMDR therapist