

EMDR Parts 1-4 by the EMDR Academy

Dates:

**Part 1** 17<sup>th</sup>-19<sup>th</sup> July 2024 - In person training at Roehampton University

**Part 2** 9<sup>th</sup> September - Online Supervision

**Part 3** 9<sup>th</sup> -11<sup>th</sup> October 2024 - In person training at Roehampton University

**Part 4** 3<sup>rd</sup> December 2024 - Online Supervision

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

I am an Arts Psychotherapist working within a social enterprise for children and young people who have experienced a single event trauma. EMDR compliments my work and offers a focused framework to help children process trauma. I found the training particularly useful in helping to understand abreaactions and interweaves. Interweaves can be used to help someone highly defended against confronting trauma, thus causing compounding abreaactions to cause blocks in the processing.

Using psychoeducation as an interweave through brief efficient summaries seemed particularly helpful in supporting the client's knowledge whilst maintaining the momentum of processing. The principle of 'one foot in the past and one foot in the present' appeared to be the essential ethos underpinning this framework and proved extremely effective due to the anchoring of memories in the here and now through Bilateral Stimulation (BLS). Attuning to the client by increasing or decreasing IEP as and when necessary, came most easily as attunement is a carefully honed skill within the practice of Art Psychotherapy.