

Report for Accredited EMDR Therapy Training by the EMDR Academy

Dates:

Part 1 - 2nd April - 4th April 2025 - online training

Part 2 - 16th June 2025 - online Supervision

Part 3 - 2nd - 4th July 2025 - online training

Part 4 - 8th September 2025 - online Supervision

Accreditation: Awarded Certificate in EMDR Therapy, Accredited by EMDR Europe

I'm a Cognitive Behavioural Therapist working within a CAMHS team in the NHS. I provide individual therapy for young people aged 8-18 years old. Many of the young people I support have experienced traumatic events, struggle with anxiety or depression, or present with specific phobias.

I have found the EMDR training incredibly valuable. The course gave me confidence in understanding the Adaptive Information Processing (AIP) Model, assessing and formulating using the EMDR framework, and applying Bilateral Stimulation to support young people in processing distressing memories — helping them stay “one foot in the past and one foot in the present.”

Since completing the training, I have begun using EMDR therapy in my practice. I've already seen significant positive changes in the young people I work with. They have reported reductions in symptoms of post-traumatic stress, anxiety, and low mood, as well as feeling happier and more hopeful about the future.

I want to thank the FPSA for their support. Without the grant, I would not have been able to complete the training — and the young people I work with would not have had access to this life-changing therapy.