

## **Report for the Child and Adolescent EMDR Level one training**

Dates: 17 and 18<sup>th</sup> of July 2025

I am a cognitive behavioural therapist working with children and adolescents aged 5-18 within a CAMHS team in the NHS. I have completed levels 1-3 of the standard EMDR protocols and I have been using this model with adolescents since 2011. We had been receiving more referrals for younger children presenting with PTSD and I wanted to develop my skills in adapting the model for younger children.

I am currently seeing children aged 12 and 13 presenting for EMDR interventions and some of these children also have additional learning needs. The training gave a solid grounding in how trauma impacts the brain throughout a child's development and how EMDR can support children who have experienced trauma to catch up on these delays. The course gave wonderful video examples of EMDR with children from infancy to late adolescence. Through the training I learnt adapted EMDR protocols for younger children including the narrative, four fields, play and CIPOs methods. We practised applying these techniques in small groups which helped me to gain confidence in using them clinically. The focus on the use of secure attachments within EMDR processing sessions and consideration of treating parental trauma supported us to think about the child holistically in recovery from traumatic events. I am looking forward to putting what I learnt into practice and learning more during part two in January.

I want to thank FPSA for funding me to complete this training. It will make such a difference to the lives of our younger adolescents who previously were not offered EMDR. I hope that this will mean these children do not have to live with the impact of PTSD on their childhood. Your support has been amazing!