

The Foundation for Professionals in Services for Adolescence (FPSA) Report

Training Course: Accredited Eye Movement Desensitisation and Reprocessing (EMDR) Therapy, Parts 1-4. This training was facilitated by EMDR Academy and was took place over 8 days via zoom.

Training Dates: Part 1: 2nd - 4th April 2025, Part 2: 16th June 2025, Part 3: 2nd - 4th July 2025, Part 4: 8th September 2025.

Certification: EMDR Therapy Certificate awarded (Accredited by EMDR Europe).

I currently work as a Cognitive Behavioural Psychotherapist within a CAMHS Team in the NHS. I deliver individual therapy for children and young people age 10-19. Although the young people I work with may present with depression and/or an anxiety disorder (including OCD), the majority of these young people have also experienced traumatic events, which has often been complex in nature and sustained over a number of years. I sought to pursue EMDR training as another way to support young people in processing these events, in order to alleviate distress. I want to thank the FPSA for the opportunity to complete this training.

The EMDR training delivered by instructors Emma McClane and Matthew Wesson at EMDR Academy was excellent. The course was helpful in supporting me to understand the theoretical basis of EMDR and the Adaptive Information Processing model, the assessment and formulation process using the 3 prongs approach and applying bilateral stimulation in order to process pathologically stored memories. The course was thorough in its teaching, with opportunities to review previously taught material and practical exercises in order to practice and apply the teaching. I found these practical exercises particularly helpful in going through the 8 phases of EMDR therapy, and this helped to build my confidence in implementing this into my clinical practice. The group clinical supervision was also beneficial in discussing any difficulties which may have occurred during EMDR processing, and I was able to learn vicariously from my colleagues as part of this process.

As recommended by EMDR Academy, I implemented the teaching material from part 1 and have been using EMDR therapy in my clinical practice since. When I have utilised EMDR in my work with young people, I notice significant changes in their distress and affect, and the young people I work with have recognised this too. Some of the young people I have used EMDR with have noted that although they acknowledge they have experienced traumatic events, their levels of distress have reduced significantly – in some cases they no longer feel any distress about these memories. It has also been recognised by the young people I have worked with that they have more headspace and capacity to do the things which are important to them, leading to a better quality of life.

I want to thank the FPSA again for their generosity and support in allowing me to access this invaluable training. I intend to continue to use the knowledge and skills from this training to continue to support young people in distress, which would not be possible without the FPSA. For anyone contemplating EMDR training, I would strongly encourage that they take the opportunity to do so, as the benefits of EMDR therapy can be life changing.

CBT and EMDR Therapist