

EMDR Parts 1-4 by the EMDR Masterclass

Dates:

Part 1 6th-8th May 2025 – Online training

Part 2 16th June 2025 - Online Supervision

Part 3 9th-11th September 2025 - Online training

Part 4 6th October 2025- Online Supervision

Accreditation: Awarded a certificate for EMDR Europe Accredited Training inclusive of theory, learning and practice of EMDR Therapy; 21 hours of lectures, 21 hours of supervised practice 18 hours 10 hours clinical case consultation.

I am a Trauma and Attachment Therapist working with young people and their adoptive/looked after families who are challenged by behaviours stemming from their early life experiences. EMDR compliments my work and can be integrated into other therapies or delivered as a pure model with the families with whom I work. EMDR offers a framework to help adults, young people and children process traumatic experiences from their past, enabling them to manage more effectively in the present. I found this training extremely useful as it gives more depth to my therapeutic knowledge and experience and enables me to take an alternative therapeutic path where young people are been 'stuck' in their traumatic experience.

Despite the training being fully online, it was very interactive with clinical videos, practical exercises and roleplay, which enabled me to feel secure in my practice of the therapy outside of the training room. During the course, we also experienced EMDR as the patient, this enabled me to experience the powerful impact of EMDR directly.

Since completing the part 1 of the course, I have been able to begin using EMDR with young people and their families to help them process traumatic situations. This was then strengthened by the subsequent parts of the course and the clinical supervision I have been offered within my workplace. The later parts of the training have enabled me to work with the challenges presented by clients, through the use of cognitive interweaves such as working with the inner child, to enable those who become 'stuck' to continue reprocessing their thoughts. I have very recently begun using EMDR with a 17 year old client who has suffered significant trauma since pre-birth, with one dominant event occurring at 4 years old; I continue to use all techniques learned during this course to enable her to access her trauma safely, with the intention of eventually enabling her to reprocess these events and live life without carrying the negative impacts of trauma.

This training has allowed me to learn new skills, experience the effectiveness of EMDR and see positive changes in behaviours of young people and their families. I will continue using EMDR within my practice to make positive impacts on the young people and parents/carers I work with.