

EMDR Learning Review – Personal and Professional Growth

EMDR short course 4 day residential

Using EMDR with real clients has been transformative, helping me grow not only as a therapist but also as a human being. This work has taught me to listen more deeply, follow the process with curiosity, and trust the client's internal wisdom. While the EMDR technique itself is structured, the healing it facilitates is deeply personal.

I quickly learned that EMDR is not just a technical skill. The therapeutic relationship forms the foundation of successful trauma processing. Clients engage in bilateral stimulation and the deeper work of EMDR only when they feel safe, seen, and respected. Empathy, pacing, and attunement are therefore as essential as adherence to protocol.

My EMDR training has expanded my clinical skills, deepened my understanding of trauma-informed care, and strengthened my capacity to support clients' natural healing processes. Moving forward, I aim to continue developing my skills, maintaining reflective practice, and using EMDR to facilitate meaningful therapeutic change.

This course provided in-depth instruction on the EMDR protocol developed by Francine Shapiro over 30 years of research. It allowed me to begin practicing while continuing to explore the power and nuances of the technique. I plan to continue to develop and build my EMDR Toolkit, continually expanding my skills and clinical toolbox to better support the young people in which I work.

To achieve my completion certificate, I completed:

- Online modules covering all 8 phases of the EMDR protocol
- Six case studies based on real clients
- Three supervision sessions

This comprehensive training has been a pivotal step in my professional development and has laid a strong foundation for me to continue to deliver ongoing EMDR and trauma-focused therapy to the young people in which I support. **Thank you, Foundation for PSA**, for this wonderful opportunity.