

EMDR Training Completion Report

I would like to begin by expressing my genuine thanks to FPSA for agreeing to fund this training, as it has been a valuable opportunity that will have a direct and lasting impact on the children and young people I work with.

I am a Mental Health Nurse working within CAMHS, predominantly supporting children in care. Many of the children and young people referred to our team have experienced significant trauma, including abuse, neglect, domestic violence, multiple losses, and placement instability. A large proportion present with post-traumatic stress symptoms or meet criteria for PTSD, alongside attachment difficulties and emotional dysregulation. Access to evidence-based trauma interventions is therefore essential within this service.

The EMDR Standard Protocol training has strengthened my understanding of trauma through the Adaptive Information Processing model and provided me with the skills to safely assess, prepare, and deliver EMDR for children and young people experiencing PTSD. The structured nature of the eight phases of EMDR offers a clear and contained approach to trauma processing, which is particularly helpful for children in care who may struggle with verbal therapies or feel overwhelmed when talking directly about traumatic experiences.

Since completing the training, I feel more confident in delivering trauma-focused, evidence-based interventions as part of my CAMHS role. EMDR integrates well with the attachment-informed and DDP-informed approaches already used within the Children in Care Team, allowing for a more responsive and individualised intervention depending on the child's developmental stage, emotional capacity, and presenting needs. The training has also enhanced my ability to recognise when further stabilisation is required before trauma processing and to work safely within my professional scope.

The availability of EMDR within the Children in Care Team has clear benefits for both the service and the young people we support. It increases access to a NICE-recommended treatment for PTSD within CAMHS, reduces the need for onward referrals, and supports improved emotional regulation, reduced trauma symptoms, and increased engagement in therapy. This is particularly important for looked-after children, where timely and effective intervention can help prevent difficulties becoming more entrenched.

I remain grateful to FPSA for funding this training and enabling me to develop specialist skills that directly support vulnerable children and young people. This investment has strengthened my clinical practice as a Mental Health Nurse and will continue to contribute to improved outcomes for children in care experiencing trauma and PTSD. I will continue to practise EMDR within appropriate governance arrangements, including supervision and reflective practice, to ensure safe and effective delivery.