

EMDR Training

Part 1 - April 2025.

Part 2 - July 2025.

Part 3 - January 2026

I would like to begin by expressing my sincere gratitude to the Foundations for PSA for funding my EMDR training. It has been an incredible opportunity and a deeply valuable addition to my therapeutic skills when working with children and adolescents. I am extremely thankful for your support in making this possible.

The training was delivered in three parts, two of which were held in person in Leicester. Having dedicated time away from my usual clinical setting allowed me to fully immerse myself in learning. Being physically present for the in-person modules created space for focused reflection, skills practice, and meaningful discussion with other professionals. This immersive experience strengthened my confidence and competence in using the model safely and effectively.

The course was led by Sandy Richman, who is highly regarded within the EMDR community. Training with her was a privilege. Her teaching was insightful, grounded in both neuroscience and clinical wisdom, and delivered with clarity and warmth. The depth of her experience enriched the training significantly, and I am very grateful to have learned from her.

A particularly powerful moment during the course was experiencing EMDR personally as part of the practical training. Feeling the impact of the technique first-hand was transformative. It gave me a deep appreciation of how distressing memories can shift in intensity and meaning through structured processing. In that moment, I knew this approach would be life-changing for many of the young people I support.

Throughout the training, I found myself reflecting on the children and adolescents I work with. Many present with anxiety, the emotional impact of bullying, trauma-related symptoms, self-harming behaviours, and distressing nightmares. EMDR provides a structured and evidence-based way to address the root memories underlying these difficulties, rather than focusing solely on symptom management.

For example, I am currently working with a young person whose anxiety is closely linked to earlier relational experiences. I could clearly see how EMDR may help them process these memories and reduce the intensity of their emotional responses. With another client who has experienced bullying, the training helped me conceptualize how targeting specific memories could support improvements in self-worth and reduce ongoing distress. I also considered a client presenting with trauma symptoms and recurring nightmares; EMDR offers a hopeful pathway to reduce the vividness and emotional charge of those experiences.

The training has significantly enhanced my therapeutic toolkit. It complements my existing approach and strengthens my ability to work in a trauma-informed and developmentally sensitive way. I now feel more equipped to help young people move beyond coping strategies and towards genuine resolution of past experiences.

Since completing the course, I have begun thoughtfully integrating EMDR into my practice, ensuring careful assessment, preparation, and pacing for each young person. Even at this early stage, I can see the potential for meaningful and lasting change.

Your funding has not only supported my professional development but has directly increased the quality and range of interventions available to vulnerable children and adolescents. The impact of this opportunity will extend far beyond the training itself, benefiting many young people and families over time.

Thank you again for your generosity and for investing in the wellbeing of the young people I serve. I am truly grateful.