

## **EMDR (Eye Movement Desensitisation and reprocessing) training**

### **parts 1 to 3 delivered by the EMDR masterclass**

#### **Role-Trauma and Attachment Therapist.**

Part one – 2/4/25- 4/4/25. Face to face-24 hours- Certificate

Part two- 3/7/2025- online supervision- hours 7-Certificate

Part three- 5/11/25-7/11/25 face to face- 24 hours – Certificate.

I would like to express my thanks to the Foundation for PSA for funding my EMDR training. This was an amazing opportunity that I wouldn't have been able to have achieved without the funding from yourselves. This has been an extremely valuable addition to my therapeutic skills when working as a therapist with children and young people.

The course was led by Sandy Richman, whose experience and knowledge is exemplary, she made the interactive learning accessible to all, teaching the models and backing this up with real life examples, and videos, explaining it all in plain English. I am dyslexic and often struggle with huge amounts of reading and understanding of clinical words and therefore was reassured by this. The booklets were also given in the font that made reading easier, this was something that the training coordinator facilitated on request.

The training was delivered in three parts, I opted to attend part one and three, face-to-face, as this way of learning suits me best and it gave me the opportunity to practice the skills in person, strengthening my confidence and competence in using the model in a safe environment. Part two was delivered online.

I am a trauma and attachment therapist working with adopted/looked after children/adolescents and their families who struggle due to their early childhood experiences. EMDR gives me a framework to work to, helping clients to process the traumatic experiences from their past, and allowing them to live in the present without the felt sense of the trauma, which they may not be able to access using talking therapies alone.

Doing this training has been invaluable and enhances my therapeutic skills, allowing me to use this therapy on a daily basis to support children/adolescents and their families who are struggling with traumatic events and therefore using the therapy to suit the individual family.

Once again a huge thank you for this funding to enable me to gain this qualification and therefore help many young people and their families to live a fulfilling life.