

FPSA Post Funding Report

Training: **Child & Adolescent EMDR Training**, Level 2 EMDR Child & Adolescent (ADVANCED) Training 9th & 10th February 2026 (14 hours), Online, received certificate of completion.

Presenter: Susan Darker-Smith, Child Trauma Therapy Centre

Summary of the training:

This training is the second step in becoming an EMDR Europe Accredited Child & Adolescent Practitioner. It focuses on specialty interventions for helping children and adolescents heal from attachment wounds, trauma wounds, and loss wounds. It covers the following topics as they related to children and teens:

- How to use modifications of the Developmental Needs Meeting Strategy (DNMS) Resourcing protocol to resource a child with no attachment figures.
- How to identify and work with complex trauma and dissociation.
- How to use modifications of EMDR when working with children who have no one to securely attach to.
- How to use psycho-educative and attachment narratives.
- How to work with children who've been Groomed or Sexually Exploited.
- How to adapt EMDR to treat neurodiverse and Autistic children.
- How to work with Pain and Grief in paediatric populations.

My experience of the training:

I provide at least 10 hours of direct client time with young people in my position as a full-time principal psychologist in NHFT CAMHS and currently am offering EMDR to about half of my current caseload. This training allows me to better meet the needs of the population I treat.

Honestly, the topics covered on the course felt a lot like the missing pieces of the puzzle for how to address the concerns and needs of the young people I treat. Many of the interventions taught provided a framework and strategies for preparing young people with complex presentations for the difficult work of engaging in desensitization to traumatic memories. This is often not a straightforward task with the young people I see, and I appreciated how this training expanded on this area further than the preceding trainings for EMDR had.

As well, many of the young people I treat are dealing with developmental trauma and/or attachment ruptures and grief that mean the standard EMDR protocol is insufficient. I was impressed with the formulation tool for mapping out the various needs that go beyond a single incident trauma and guidance for working through these. The model fit with my knowledge of working with attachment ruptures, but as applied for use with ABLS and within the EMDR framework.

I am also grateful to have completed the EMDR trainings now to the point that I can work toward EMDR Europe Accredited Child & Adolescent Practitioner through supervision with an EMDR consultant and building up experience hours. A big thank you to FPSA for supporting me in my professional development in this area of practice.

Principal Psychologist in CAMHS NHFT