

EMDR Parts 1 and 2

Richman EMDR Training

Part 1 2-4 April 2025 at College Court, Leicester, 3 days

Part 2 18th March 2026 via Zoom, 1 day

Registered Mental Health Nurse, Certified Theraplay Therapist. I currently work with young people and adults providing individual therapy for a range of emotional wellbeing and mental health difficulties. Approximately 50% of my work is with adopted children and families.

Part 1 Eye Movement Desensitisation and Reprocessing (EMDR,) training provides the participant with an introduction to EMDR, information on the development of EMDR and the theoretical background that underpins this therapy. It introduces the participants to the Adaptive Information Processing Model. I undertook this training in person with the main facilitator Sandy Richman. I learned the eight phases of treatment that comprise the basic protocol of EMDR. I was also able to undertake supervised practise where we used the basic protocol with fellow participants. This included experiencing the basic protocol personally. I chose to address a long-standing issue and discovered first-hand how effective this treatment is. An issue that has bothered me for years was resolved in around 30 minutes using EMDR. In the days prior to practising the basic protocol we learned how to adequately prepare people and give them a safe way to manage emotions during treatment. We also covered: the treatable parameters, the assessment process for EMDR, selection criteria and safety parameters. Part 2 provides a review of the basic protocol and supervision of EMDR practise. In addition to training from Sandy Richman it provided a chance to discuss cases with a range of experienced EMDR practitioners.

EMDR training has been very useful in my work. I have been able to take on new cases and use EMDR with my established clients. The basic protocol is appropriate to use with young people over 14 years of age. I intend to train in the child specific protocol so I can apply EMDR where indicated with my entire client group. I have found EMDR a rewarding therapy to use as in my experience it can make a measurable difference each session.

I would like to thank the FPSA for funding this training. My next step is to undertake part 3 training and complete the necessary number of supervised sessions to achieve full EMDR certification.