

EMDR training parts 1-4 delivered by Mindsync

Part 1 – 11-13th November 2025 - certificate

Part 2 – 26th January 2026 - certificate

Part 3 – 24-26th February 2026 - certificate

Part 4 – 13th April 2026 - certificate

I would like to thank Foundation for PSA for funding my EMDR training (Parts 1-4). I am extremely grateful for having accessed this training and increased my skillset to support the young people I work with. I wouldn't have been able to access the training without your support.

I attended the course led by **Caroline van Diest and Dr Hannah Bryan at Mindsync**. The training focused on understanding how to treat the underlying causes of trauma rather than simply managing presenting symptoms, with the aim of helping clients achieve lasting and meaningful change. It provided a structured, step-by-step approach to developing practical EMDR skills through immersive and experiential learning, enabling us to build confidence in applying EMDR safely and effectively within their therapeutic practice. The course combined theory with guided practice, supporting us to translate their learning into real-world clinical work with clients experiencing the impact of trauma.

The immersive group training helped me to develop confidence, deepen my understanding of EMDR and integrate EMDR into my work. Parts 1 and 3 were delivered face to face, which I found important to connect with other practitioners and learn together in an applied way. The training materials were brilliant and I have continued to use these and reflect on the case examples provided during the course.

I am a Clinical Psychologist working in CAMHS. Since attending the training, I have used EMDR with over half of my caseload and observed improvements in the young people's difficulties with trauma and other presentations, like OCD. EMDR provides me with a structured framework to support clients in processing traumatic experiences from their past, enabling them to live more fully in the present without the ongoing emotional impact of trauma that may not be accessible through talking therapies alone.

Completing this training has been invaluable in enhancing my therapeutic skills and has enabled me to use EMDR in my daily practice to support children, adolescents, and their families who are struggling with traumatic experiences. It also allows me to tailor the therapy to meet the unique needs of each individual family.

This course is the first step to becoming an EMDR practitioner. Once again, I would like to extend a big thank you to FPSA for supporting me in my professional development in this area of practice.