

Child Eye Movement Desensitisation and Reprocessing (EMDR) training Level 2

Attended training on Tuesday 5th May and Wednesday 6th May 9 – 4.30pm

Having accessed funding through the FPSA, I was able to attend the Level 2 course for child EMDR training. I am a Clinical Psychologist working in an intensive outreach CAMHS team, working with young people aged 12 – 18 years of age who present with moderate to severe mental health difficulties.

I work within CAMHS Intensive Outreach team as a Clinical Psychologist. The team was developed to support children aged 11-18 in the community and to help avoid potential admission to inpatients. My job includes assessment, formulation and intervention. I have been trained in EMDR (Level 1,2 and 3) and child EMDR level 1. The child level 2 EMDR training has taught me skills that will benefit the service, to help me support young people who have experienced traumatic incidents. I believe it is necessary for me to learn to adapt my work, to suit the children and to modify sessions to work correctly and ethically with the young person and their families. The skills I have gained specifically in safe place and formulating from a systemic standpoint has improved my work. The training has given me knowledge about the developmental needs of the younger people which is vital thinking about the assessment and formulation before the therapy. I have developed child specific trauma narratives skills to work with family members in a group setting. The level 2 specific training has helped me further in my work by learning how to use modifications of the developmental needs meeting strategy resourcing protocol as the children who are seen in the intensive outreach team sometimes struggle with their attachment or have no attachment figures. I have learnt about working with complex trauma and dissociation which the young people in IOT present with, as we help them to avoid admission. Finally, a lot of young people in the service present with grief and loss, and the level 2 specific training taught me knowledge on how to work with pain and grief in paediatric populations.

The training was delivered by Susan Darker Smith (EMDR Europe Accredited Senior Trainer) in conjunction with one facilitator for parts of the training. It was held online over zoom over two full days 9am to 4.30 pm.

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 client with no attachment figures.*
- *How to identify and work with complex trauma and dissociation.*
- *How to use modifications of EMDR when working with children and adolescents who have no one to securely attach to.*
- *How to use psycho-educative and attachment narratives.*
- *How to work with children and adolescents who have been Groomed or Sexually Exploited.*
- *How to adapt EMDR to treat neurodiverse and Autistic clients.*
- *How to work with Pain and Grief in pediatric populations.*

I found this training incredibly interesting, and I am already using it in my workplace when assessing children with EMDR and when providing EMDR treatment. On the course I wrote a story narrative which was used with the young person I am working with in IOT. I received a certificate following this training.

I want to express my gratitude to the FPSA for their support, as without this grant, I could not have received this training.

Clinical Psychology and EMDR therapist