

EMDR Training Part 1-4 via The EMDR Academy

Part 1 – 3 days on- line training (3rd – 5th December 2025)

Part 2 – 4 hours group supervision on-line (10th February 2026)

Part 3 – 3 days on-line training (4th-6th March 2026)

Part 4 – 4 hours group supervision on-line (19th May 2026)

Certificates are received after completing Part 2 and Part 4 of the training and you must have completed the full EMDR protocol with at least 4 people by the end of the training to receive the certificate.

I am a Principal Clinical Psychologist and work in a CAMHS team for Children in Care. There was a need in the service for EMDR to offer as an intervention to the children and young people who have experienced often multiple traumas.

The part 1 of EMDR training included an introduction to the model and theory underpinning it and then focused on going through the 8 phases of the EMDR protocol for single incident traumas. The training was a mixture of presentations, videos and discussions. A significant part of the training was practical with every person experiencing having the 8 phases of EMDR themselves completed by other trainees. This practice of both delivering and receiving EMDR was extremely beneficial and even doing this on-line worked well. This part of the training was supervised by one of the trainers or supervisors who were supporting the training who gave helpful feedback.

Part 2 of the training was group supervision where there was an expectation that every person brings a case they have been working with to discuss.

Part 3 focussed on adaptations to the standard protocol when working with other presentations than single incident traumas. This included those with anxiety, depression, phobias, complex grief and complex trauma presentations. Strategies to use when there are blocks or when working with different client groups were gone through. There was again a significant practical element to the training.

Part 4 was the same format as part 2, with the expectation that the full protocol had been used with at least 4 people by this point.

I found the EMDR training incredibly useful and have started to use this regularly in my clinical practice. The practical elements and supervision sessions were beneficial in practicing under supervision and in learning from others. The trainers and supervisors were extremely knowledgeable and gave many real-life examples when answering questions.

Since completing the training, I am regularly using EMDR in my clinical work and attend peer supervision within NHS trust. I hope to attend the child specific EMDR training in future to increase the age range of young people that I can offer this intervention to. The service is also looking into supervision with a consultant to support me and other clinicians working towards EMDR accreditation.