

## REPORT

### EMDR CHILD TRAINERS TRAINING: LONDON 2015

I would like to take this opportunity to thank FPSA for their generous contribution towards enabling me to attend this training, which is part of a process of becoming an EMDR accredited Child Trainer.

The training was an intensive 5-day process with group activities and video demonstrations shared between 6 EMDR consultants from very different countries, all of whom have a special interest in working with children and adolescents, which united us from the outset.

The opportunity to learn from some of Europe's finest EMDR consultants specialising in working with children cannot be emphasised enough. The different cultural backgrounds of the children presented made me acutely aware of the diverse populations we work with within the United Kingdom and also the difficulties both politically and systemically which underlies some of the valuable work in other countries.

In particular, we were very blessed to have Joanne Morris-Smith and Michel Sylvestre – both exceptionally gifted teachers who have campaigned tirelessly to ensure that standards across Europe in the provision of EMDR therapy for children and adolescents is at the highest level achievable. Their efforts have resulted in Europe being the gold-standard for EMDR with Child and Adolescent Populations.

Although I am still in some respects at the start of the process of becoming a child & adolescent EMDR trainer, I have learnt so much already. It surprises me also how much the framework for teaching EMDR for children & adolescents has changed over the past 10 years. When I did my initial child training in EMDR many years ago – it was markedly different to clinicians training in EMDR for children & adolescents today. Then, neuropsychology was not included in the teachings. Nor were the effects of domestic violence and complex trauma highlighted in the same way that they are today.

EMDR child trainings have moved on – and I am glad that future generations of EMDR clinicians will now receive much more in-depth training and feel much more confident working with children and adolescents with trauma, anxiety and phobias.

The penultimate benefit of all of the hard work and ground-breaking work in providing the best possible EMDR child training for clinicians has to be the children...

When clinicians are appropriately trained and able to manage dissociation, abreaction and avoidance in child populations, outcome measures in trauma treatment are better and children's response to therapy is better.

I am very much looking forward to the day when I will be able to contribute towards teaching EMDR Child trainings and am grateful for the support from PFSA, which has enabled the start of this process.

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