

I would like to thank FPSA for their generous funding contribution, which permitted me to undertake EMDR training through EMDR Extra in London, which was facilitated by Dr Manda Holmshaw. This Europe Accredited Training was made up of 3 components, of part one, two and three training.

Part one focused on introducing the participants to the 8 phase protocol, and learning both how to follow the EMDR protocol and through practicums, put this in to practice.

Following Part 1 training: Participants needed to undertake the protocol at least twice, in order to use the skills that we have learned in training.

Part 2 training – Each participant had to present a case that they had worked on, and the groups had supervision on the work that had been completed to date, and guidance on what next steps to take. Part 2 training helped us to work on our existing skills and consider more complex cases, and to practice more complex protocols, focusing on phobias, anxieties, blocked processing and cognitive interweaves. Again we practiced this in duos and learned in a safe space, under guidance.

Following part 2 Training:

Participants had to complete one case from assessment to closure and use a float back on one case of a phobia or current anxiety and present this in supervision to part 3 training.

Part 3 training:

Assisted participants in working with adaptive information processing and as well as revisiting the 8 phase protocol, it helped us to consider how to work with those clients who had experienced complex trauma and how as practitioners we need to be working with clients in the past, present and future.

Participants had the opportunity to work on a protocol, touchstone memory or float back, in order to gain some more experience or work with some protocols that they have not yet had the chance to undertake, or one's in which we would like to practice.

Following this all participants presented their case for group supervision – which is useful for our own self direction, but also permits the opportunity to learn through the practice of others.

After part 3 – All participants can work towards accreditation.

I am so grateful to have been part of this learning opportunity. I have been working as a social worker and a play therapist for a number of years. EMDR has given me some new channels in how to work with children and young people who have experienced complex trauma, and with further training and supervision, I hope to take these new skills forward within my work place. I feel enthused about what I have learned and how I can develop my practice both now and in the future, and I hope that the children and young people I work with can continue to benefit. I am so grateful to FPSA, as without their assistance financially, this training would not have been possible.

Gina Obertelli