

EMDR consultancy report
September 2016

I would like to take this opportunity to thank FPSA for their contribution in supporting my application to undertake EMDR consultant training. The training was delivered across four days and included a number of features. It is noteworthy to mention that the training had an examination stance covering a range of areas.

Participants were represented from a verity of settings all of whom were actively working with trauma and other disorders in adult and child and adolescent speciality. Attendees were from all parts of the UK and Europe who have come along to partake and achieve the EMDR consultant competencies.

Furthermore, the opportunity to take part in this training from one of the leading trainers in Europe (Sandi Richman) was an amazing experience. I have learnt a great deal more following this training, where my knowledge and skills were tested to their limit. This enhanced my understanding and offered me an opportunity to become a better clinician, supervisor and consultant.

It is relevant to explain that although there were only a handful of clinicians working within child and adolescents services; the majority were working in adult settings. In spite the lack of clinicians who work with children and adolescents, the knowledge and experiences shared were immensely helpful.

The four days included a test of knowledge from day one that lasted for the remaining days. This included individual and group question and answer sessions, enabling us to review the eight phase protocol in more detail and discussing, exploring and considering theoretical and practical explanations.

The training also required all participants to take part in supervision role-modelling that was observed and rated by all 19 participants and 2 trainers; this was followed by feedback.

In addition, the role-modelling of supervision included group supervision that again was rated by others and fed back.

We were asked to complete two essays with the topics given immediately prior to the allocated time.

The training and development of EMDR has moved on greatly within the last decade and continues to grow further, where currently interventions are being offered to a range of difficulties from traumatic experiences to phobia and bereavement. It is helpful to gain a better understanding of skills and knowledge in all the areas of EMDR and being able to help others to achieve the same standard within the child and adolescent services, hence providing a positive ground for young people to get better and benefit more from our current therapeutic support and services.

Overall, this was an intensive programme and I feel that my knowledge and skills have developed significantly by this training and again I would like to thank all FPSA staff and their help in supporting me to undertake this training.

I am very pleased that this opportunity was offered to me and hope similar opportunities will be offered to others in providing the best possible EMDR therapy for young people, as well as developing and maintaining the standard of practice for supervisees, that in turn would benefit the young people.

Many thanks

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EMDR Consultant in training 29 November 2016