

**Eye Movement Desensitisation and Reprocessing (EMDR) therapy training (Level 2 EMDR Europe), Belfast (9<sup>th</sup>-12<sup>th</sup> August).**

**Introduction:**

The course comprised four days intensive teaching/learning advanced principles and practice of EMDR through lectures, tutorials, demonstration and self-experience. This course followed on from Level 1 EMDR training. Level 2 explored deeper theoretical component of EMDR with additional advanced learning about the treatment of anxiety, phobias, trauma and abuse.

**Rationale for undertaking the course:**

EMDR has been proven to be effective form of treatment for Trauma and PTSD. In my work place, I practice as a cognitive behavioural therapist with adolescents who present with these complex mental health difficulties. EMDR level 2 has given me the skills to provide treatment for other anxiety and complex conditions.

**Reflection on the course (benefits):**

There were many beneficial aspects to undertaking the EMDR course which made it a worthwhile learning experience including:

- The knowledge and practical expertise of the teaching team;
- A highly motivated group of attendees coming from a variety of professional backgrounds and experiences, who interacted well as a group with much to offer within the group;
- A well structured course with teaching and learning organised to optimise student learning within the available timeframe.
- 5 hours of supervision after the course
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I have come away with an increased knowledge of EMDR. Having observed demonstrations and completed practice sessions with colleagues I have gained the confidence to introduce EMDR as a potential therapeutic option in my practice. I have identified further clients in my practice whom I believe would benefit from EMDR intervention.

I would like to sincerely thank FPSA for their generous funding which enabled me to undertake EMDR Level 2 training. Without them I would not have been able to undertake the EMDR training and help adolescents who present with complex mental health difficulties.

Thank you,

JC

Cognitive behavioural Therapist, Dublin