

EMDR

I will forever be grateful for the incredible grant you gave me to attend Training Parts 1 2 and 3 of Eye Movement Desensitisation and Reprocessing (EMDR). I attended the course over three different weekends through EMDR Centre London. The course exceeded my expectations and I also found the individual supervisions via Skype that followed the course very beneficial. I am now fully qualified to deliver EMDR with the young people I work with and have found it has provided me with the missing piece of the trauma puzzle!

I work for a specialist trauma centre as a therapist where we work with adopted and looked after children. These children have often experienced high levels of trauma and working with this can take a long time to process. Many colleagues had recommended EMDR and how it had transformed their work, but without the generous funding the FPSA gave me I would not have been able to afford it. Now I have been trained and am practicing EMDR I have been wondering how I ever worked without it!

The training covered a variety of different protocols to work with various kinds of difficulties clients may face. I was expecting just trauma to be covered but was surprised to find how EMDR can be adapted to work with phobias, anxiety and other issues. This became even more powerful when we were able to practice the skill with each other using a mild but real example. It was incredible to watch EMDR working with people so quickly and experience how powerful it is myself. I was surprised how effective it could be at 'unsticking' difficult memories and experiences, and how it gave the brain a tool to find its own outcome. This did take a lot of practice to ensure the protocol was correctly followed but the course leaders were very knowledgeable and took their time to work with each individual to enhance their skills.

Since being on the training I have used it with children as young as 7 all the way up to adults. It has allowed children and young people to explore difficult memories in a more comfortable and easier way. The structure seems to really suit some clients also, as talking therapies can sometimes feel intimidating and unpredictable for these young people. The resourcing activities that can be done with clients such as safe place, positive affirmations and butterfly hug have proved to be powerful resources that I have given to all of my clients.

EMDR has provided me with an amazing tool that has definitely enhanced my work with young people who have experienced trauma. I am so grateful for the FPSA for giving me the opportunity to access this training.