

Eye Movement Desensitisation and Reprocessing (EMDR) Child and Adolescent Training Level 1

Thank you very much for your generous grant awarded for me to attend Level 1 Child and Adolescent EMDR training. I attended an EMDR Europe-Accredited Core Training provided by Child Trauma Therapy Centre. The training was taught by Susan Darker-Smith, a Europe Accredited EMDR Child & Adolescent Trainer. Due to COVID, the training was provided online, via Zoom, over 4 mornings 9am – 1:30pm on December 09, 10, 13, 14. I completed the EMDR training and have received the certificate of completion. I am now working under the supervision of a Child and Adolescent EMDR Consultant to gain the experience I need to fulfil the criteria to complete Level 2 Child and Adolescent Training.

I am a Consultant Clinical Psychologist working on an NHS Adolescent Inpatient Unit. Due to the significant number of young people presenting with attachment and trauma wounds, exacerbated during the COVID 19 pandemic, who were unable to engage fully in talking therapies and reliving the traumas that they have experienced, I began to search for an evidenced based therapeutic modality, which would better suit the needs of the young people I work with. EMDR has a growing evidence base and enables a wide range of mental health presentations to be worked with therapeutically. I completed my Core EMDR training. In order to work with Children and Adolescents with EMDR, it is recommended that the Child and Adolescent Training is completed.

The Level 1 Child and Adolescent Training focuses on interventions for helping children and adolescents heal from attachment wounds, trauma wounds, and loss wounds, whilst taking into account developmentally appropriate modifications to the general protocol, learning new resourcing skills and protocols for working with younger children and adolescents who are emotionally very young. The training provided a full booklet of Protocols and modifications to work with young people. The training involved both teaching, practicums to practice the skills being taught and an assessment at the end to receive your certificate. To receive your certificate, you had to be present at all hours of the training. The trainer was very experienced and able to share her skills through the training and by showing videos of her practice. I have learnt how to modify the core EMDR protocol to the developmental needs of a young person, ensuring that systemic factors are taken into account for young people, using drawing instead of words, learning the CIPOS protocol for young people, writing Narratives with young people for use with EMDR and the IGTP/Four Fields Group EMDR protocol to run EMDR groups with young people who have experienced the same trauma, which will be invaluable following the COVID pandemic.

This training has been an invaluable addition to my core EMDR training and has specifically given me skills to work the adolescents who do not respond to the core EMDR protocol. During the training, the teaching caused me to reflect on my current practice, the work I do with young people and the important role EMDR may be able to play within a Tier 4 setting, where young people will have received core evidence based treatments previously, which haven't caused change as they are unable to feel secure enough or psychologically minded enough to engage fully in talking therapies. I am now working towards gaining enough supervised experience with young people using EMDR to enable me to attend the Level 2 part of this Child and Adolescent training to further develop my core EMDR skills to work with young people.