

EMDR part 1, 2 & 3 Training – FPSA Funding Report

I have been able to complete all 3 parts in relation to EMDR training in order to become a qualified practitioner. I attended training on 27th - 29th January 2021 (part 1) and 4th May 2021 (part 2) on a virtual basis as a result of the COVID pandemic. I completed the final part of my training on 27th - 29th April 2022 (part 3) in Glasgow and received my certificate of completion. All three parts of the training were led and facilitated by Alexandra Richman, accredited EMDR Trainer and Consultant complying with EMDRIA (EMDR International Association), EMDR Europe standards of practice alongside her colleagues who were also EMDR Europe accredited Consultants including Mike O'Connor and Fiona Munro.

The training was extremely well delivered with ample opportunity for therapeutic practice, role play, vignettes and video materials to understand the assessment process specific to EMDR, safety and stabilisation, resource installation and the basic protocol alongside adaptations of the protocol for a range of presenting problems. Part 3 was particularly useful in gaining a breadth of further skills in the importance of cognitive interweaves in order to fully process and reduce distress around past traumas.

As a Principal Clinical Psychologist I am trained in a number of therapeutic modalities with the majority of my current clinical role in working with adolescents with trauma, eating disorders, anxiety and depression. There have never been any trained EMDR practitioners in my locality CAMHS team within the NHS and therefore an absence of a much needed provision to the detriment of young people accessing the service where there has been clear need for this type of treatment and evident inequity for young people living here as compared to other localities within the health board area. EMDR training is not seen as core CPD funding within the NHS and therefore without applying externally and the funding generously received from FPSA, we would be unable to offer this treatment which has an excellent evidence base and is particularly suitable for young people who struggle to engage in more traditional talking therapy approaches. EMDR does not require talking in detail about past events which can be extremely useful for adolescents who struggle to articulate and identify thoughts and feelings and engage in other offered psychological interventions. The funding provided by FPSA has been invaluable in being able to deliver this treatment within our tier 3 /4 CAMHS team where we routinely work with children and adolescents who have been exposed to or experienced abuse, adverse childhood events, attachment difficulties and losses, as well as using some of the EMDR specific protocols for aspects of low self-esteem which may be driving risky behaviours and vulnerability as a factor in poorer mental health.

Within the pan Grampian CAMHS team, I am part of a group of clinicians who meet on a monthly basis with a focus on complex trauma. This entails focus on service wide initiatives of progressing trauma informed care at all levels of service provision, stepped care models, network updates as well as a forum for case based discussion and supervision in relation to EMDR and other trauma specific approaches including TF-CBT. As a group we are now seeking to access supervision from a Child and Adolescent EMDR Consultant to support clinical practice as well as progress with full accreditation requirements as an EMDR practitioner. The basic training incorporated 10 hours of supervision from accredited EMDR Consultants and therefore only 10 further hours need to be completed alongside regular therapeutic delivery

of EMDR. Grampian NHS have been supportive in this regard in terms of looking to fund specialist supervision, allowing time within job plans as well as providing EMDR specific equipment including light bars and buzzer pads to aid in the delivery of EMDR. With continued therapeutic practice and development, I hope to go on and complete the Child and Adolescent specific EMDR training to further enhance and tailor my EMDR practice for the children and adolescents I work with who are presenting with complex mental health needs.