

EMDR Training Level 1 Child and Adolescent Training Course

I am a Person-Centered Therapist who works primarily with children and young people, using eclectic modalities and interventions. I first qualified to become an EMDR practitioner in 2022 and quickly realised that to incorporate these newly found skills into my work, I would be best advised to expand my learning and complete the Level 1 EMDR training for children and adolescents.

I was fortunate enough to apply for and have my training generously funded by FPSA, which enabled me to enhance and expand my understanding of the intricacies of this EMDR specialism.

The training was provided online and delivered by Susan Darker-Smith, a Europe accredited EMDR Child & Adolescent trainer. The course ran over a period of 3 days, over 8th, 9th & 10th February, 2023. The course was extremely accessible, and I would have struggled to attend the course if it were held face to face. The course provider was extremely professional and responsive, and I believe we were all made to feel very valued and respected from the beginning. There were a variety of training modules, videos, learning material, academic research, personal experiences and a little bit of bilateral dancing! Although the course content was very poignant and hard hitting, we were cared for and I felt there was a good balance of content and humanity. The issues surrounding childhood trauma are always going to be painful to hear, but they were presented in a respectful and professional way. The interspersed Practicums allowed us to safely explore our understanding of the course content and to be real and explore making mistakes. The Practicums were facilitated for a more personal and intimate experience and I found them useful for my professional learning.

The daily check ins and Supervision were an excellent opportunity for all of us to reflect upon the ideas presented and also to challenge certain aspects, in a safe and respectful way. I feel we were given the space to develop our understanding at our own pace.

The trainer was extremely experienced, which enabled me to understand and adapt a wide variety of EMDR interventions, such as flashbacks, age appropriate cognitive interweaves, narrative writing and supporting and respecting the systems surrounding children suffering with trauma. We also touched on CIPOS (Constant Installation of Present Orientation Safety) and TICES.

I feel I have learned so much from this course, but there is so much more to know. I am genuinely looking forward to attending the level 2 course, if my funding is to be approved. The course had been challenging, rewarding, informative, emotional, intellectually stimulating and above all, most enjoyable. I now truly feel a new confidence in my ability to incorporate EMDR into my therapeutic sessions with children and young people.

CYP Therapist.