

EMDR CHILD & ADOLESCENT LEVEL 2.

I was extremely grateful to the FPSA for their very generous funding and grants, to enable me to complete not only the level 1 course, but also the level 2 course in EMDR Child & Adolescent training. I attended the course over 2 full days, over Microsoft Teams as an online provision. The training was provided by The Child Trauma Therapy Centre, and the course was offered by renowned EMDR trainer and practitioner, Susan Darker-Smith.

The course was similar in presentation to the level 1, and was a rich mixture of power points, interactive practicums, break out rooms, role play and visual aids. I found the course highly informative, and it enabled me to enhance my confidence in working with young people. I believe that the initial adult EMDR training does not furnish enough competency in the practitioner to work with children, and that the next level training is essential in understanding the nuances required when applying EMDR trauma therapy for young people.

I work with young people aged mainly from 11-18years old. The children I work with therapeutically often have experienced a high level of trauma, whether that be systemic and ongoing problems, bullying, sexual assault, domestic violence and extreme levels of anxiety because of these situations and many more.

The course covered a variety of areas of EMDR that I had previously very little knowledge of. I especially responded well when we delved into Neurodivergence and how EMDR can be modified and applied to such clients. It helped me to gain a different and alternative perspective into how these young people view the world. We were shown lots of visual aids and videos to help explain the course content. I can find certain teaching approaches as quite difficult, as I am a kinesthetic learner and respond well to variety and a more 'hands on' approach. We learned about how to identify and work with attachment wounds and also how had the opportunity of creating an Attachment Narrative.

The course trainer, Susan, was very approachable, knowledgeable and exuded a warmth and love for EMDR. I felt I was able to speak freely to Susan, either on screen or privately, and that she was regularly checking in on our well-being. Some of the content, such as child grooming and sexual exploitation is a very heavy topic. We were cared and looked after, and this only helped to enhance my learning experience.

I highly recommend this course and am again very happy that I was awarded this opportunity to access the grant. This is an amazing tool to possess and very powerful in its application.

I can now go ahead and more confidently practice EMDR with my younger clients, and hopefully help to reduce their trauma and gain emotional balance and security.