

## **EMDR Child and Adolescent level 1 and 2**

Thank you so much for funding my Level 1 and 2 Eye Movement Desensitisation and Reprocessing (EMDR) Child and Adolescent training.

My training was delivered online by Susan Darker-Smith, a Europe accredited EMDR Child & Adolescent trainer.

I attended level 1 on 12th,13th & 14<sup>th</sup> October 2022 duration of 3 days

I attended Level 2 Advanced EMDR Child & Adolescent on 4<sup>th</sup> & 5<sup>th</sup> July 2023 duration of 2 days

The courses have been extremely helpful in the progression of my EMDR work. I am now fully qualified to deliver EMDR with children and adolescents. My work includes primary and secondary school age children and I found this child and adolescent EMDR training has enriched the work I do with children and young people (CYP) It aligns with my work both in a creative approach and for those who work well within a structure. Inclusively helping all age group

### **Level 1 training**

The course was extremely accessible being online. I was impressed by the trainer's extensive knowledge and her approach to facilitate learning. She gave space for questions and gave us clear informative answers. The Practicums allowed us to explore our understanding.

I came away from the training motivated to use this learning. I have subsequently included EMDR modifications to my work with children and adolescents. I particularly enjoy the use of narratives that support trauma recovery.

This training aligned to my systemic stand point and the importance of safety when working with these age groups. I share the importance of being able to use appropriate resourcing strategies with children whose target memories may be outside their window of tolerance

I enjoyed experiencing the IGTP protocol and look forward to doing more training and work with this.

### **Level 2 training**

Level 2 training gave me enhanced modifications for working with specific cases. For example, working with children without attachment figures, dissociation, neuro diversity and more.

I was extremely happy to have been able to access this training with the support of your funding.