

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

Following on from receiving funding support through FPSA, I have been very fortunate to be able to complete all 3 parts of EMDR training, to become a qualified EMDR therapist. I attended training on the 10th - 11th - 12th May (part 1), 6th - 7th September (part 2) and the final part of my training on 13th - 14th December (part 3) all of which were taught virtually. I received a certificate of completion on 22nd December 2023.

All three parts of the training were led and facilitated by Simon Proudlock, (EMDR consultancy) accredited EMDR Trainer, Consultant and supervisor complying with EMDRIA (EMDR International Association), EMDR Europe standards of practice alongside 5 of his colleagues who were also EMDR Europe accredited Consultants. The training was delivered virtually, and although this is not a preferred method of experiencing training, I was surprised how well I adapted to it and was grateful to not having to travel very long distances, to attend such training, given that I live in rural Wales.

The training was extremely well delivered with ample opportunity for therapeutic practice, role play, 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. In addition to the practice, we completed within the training sessions we were also encouraged to use the EMDR model on our own patients, receiving regular supervision sessions throughout the course, to assist us.

As a Practitioner working within the field of CAMHS I feel very fortunate to be able to add the EMDR model to my toolbox of other therapeutic modalities. I have no doubt that this will assist me in working with the young people who not only present to us with trauma, but with eating disorders, anxiety, depression, and low self-esteem.

Unfortunately, EMDR training is still not seen as core CPD necessity for practitioners within the NHS and doesn't seem to be prioritised the same as other training provisions such as Cognitive Behavioural Therapy, especially when budgets are already stretched to their limits and priorities have to be made. Therefore, without applying externally and receiving the generously funding from FPSA, I would be unable to offer this treatment of support. Although I value the research regarding CBT, EMDR also has an excellent evidence base and is particularly suitable for young people who struggle to engage in the more traditional talking therapy approaches. EMDR takes a different approach, it 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 talking methods of therapies offered.

Given the Geography and rurality of our small service provision, and the base of where our EMDR therapist is situated, EMDR had mainly been offered to our young people online, which hasn't suited everyone. The funding provided by FPSA has been invaluable, in that it has enabled me to be able to deliver this treatment within CAMHS on a face-to-face basis which I'm sure is going to benefit allot of children and young people who prefer this method of support.

Following on from this training, I will now work towards receiving accreditation. The basic training incorporated 10 hours of supervision from accredited EMDR Consultants and therefore 10 further hours are needed to be completed, alongside regular therapeutic delivery of EMDR. This specialised supervision will be provided by a EMDR consultant that our trust accesses.

To continue to develop my practice within EMDR arena I am aware that EMDR consultancy and EMDR Europe provide regular training events which I hope to have the opportunity to be part. As my current area of employment and my passion is within the area of children and young people, I would also like to complete the Child and Adolescent specific EMDR training. This will further enhance and tailor my EMDR practice for the children and adolescents rather than be a generic practitioner.

I would just like to thank FPSA for all their support. As I've described, without their funding this would not have been a training my trust would have been able to provide me with and due to my personal circumstances, I could not have paid for myself.