

### **EMDR Level 1, 2 and 3 accreditation.**

I am writing this report to sincerely thank the FPSA for funding my EMDR training which has enhanced my clinical practice with young people and their families. Following the course, I am now qualified to deliver EMDR to Level 3 of practice.

I am a Systemic Psychotherapist and Social Worker and EMDR has deepened my capacity to work with trauma.

The training was delivered in 3 modules as follows:

Module 1: 2.5 training days: October 27, 2023, 14.00 to 18.00; October 28 and 29, 2023, 9.00 to 17.00.

Practicum, Supervision, and integration session – October 20, 2023, 14.00 to 18.00.

Supervision and integration session – November 6, 2023, 14.00 to 18.00.

Module 2: 2 training days: November 24 and 25, 2023, 9.00 to 17.00.

Supervision and integration session – January 24, 2024, 14.00 to 18.00.

Module 3: 2 training days: February 19 and 20, 2024 9.00 to 17.00.

Supervision and integration session – March 12, 2024, 14.00 to 18.00.

The training was delivered online, using the Zoom platform

### **Course delivery and quality**

The course was delivered online over 10 days between Oct 2023 and April 2024. The EMDR course I graduated from was delivered by Gus Murray. Mr. Murray has been working in the field of counselling and psychotherapy for 40 years and he has specialised in EMDR over the past decade. He is extremely experienced and is accredited to the highest level of EMDR supervision available in Europe.

I have engaged in many courses and training programmes in my clinical practice and comparatively speaking this course stood out in terms of quality. Gus made complex processes very accessible and digestible using a combination of high-quality slides, focused supervision groups, checking in via chat.

The course comprised of didactic input combined with integrated supervision. It was inspiring to see how Gus kept the group engaged and connected through online delivery, ensuring all participants understood the concepts and were able to put them into practice prior to progressing to the next level. Gus took us through levels 1, 2 and 3 of EMDR proficiently.

### **How I apply EMDR in my clinical practice**

Since applying to FPSA for funding I have moved from being employed as a Social Worker in CAMHS being employed as a Systemic Family Therapist with a sister organisation, the Youth Substance Misuse Service. I currently work with HSE SASSY – The Health Service Executive's Substance Misuse Service Supporting Youth. SASSY are a tier 3 service who work with young

people who are misusing substances as a means of managing their mental health difficulties. The funding for my position was borne from the HSE Model of Care for Dual Diagnoses in Mental Health and Substance Misuse.

In the words of Gabor Mate *“there may be trauma without addiction, but there is no addiction without trauma”*. This is why the EMDR trauma focused training has been so helpful when working with young people with mental health difficulties who are also engaged in substance misuse. EMDR is an approach I draw on regularly to process trauma when working with young people.

Intergenerational trauma is commonplace in my clinical practice and very often the parents of the young people have experienced their own trauma. I practice EMDR with parents regularly and this results in creating more stable home life, more authoritative parenting which in turn serves to improve the relationship between parent and child which supports the young person in moving away from substance misuse and towards better mental health.

In summary, EMDR is a really useful tool to have in my therapeutic repertoire. It enhances my practice making me more effective as a therapist which ultimately means that service users get a better service.

I would highly recommend this course and underline that although it is online it is of the highest quality, nothing is compromised. Gus is Irish and therefore attracts a predominantly Irish audience. I would encourage people from the UK to consider this course as I think it would be difficult to find a better EMDR teacher.

I would like to take this opportunity to sincerely thank the FPSA for funding this course.