

## EMDR training

I am a CBT therapist and have been working in Child and Adolescent Mental Health Services (CAMHS) for the past eight years. I first heard about EMDR a number of years ago, and since then have been really keen to train as an EMDR therapist and offer it as an additional therapy to the young people I work with – I was so keen that I moved across the country to a different NHS trust, largely due to the fact that I was aware that they offered EMDR, which they didn't in my previous post. However, due to funding issues they were not able to train me, but a colleague informed me about the PSA funding. I was granted the funding to complete Parts 1-4 of the training with EMDR Academy and will be forever grateful that I was able to access this due to the funding I received.

The course took place in Bristol, consisting of 2 x 2 days of training and 2 x 5 hours of online clinical supervision. I can honestly say that it was one of the best training courses I have ever attended; Emma was extremely passionate and knowledgeable and the course delivery was excellent.

Since completing my training, I have had the opportunity to deliver EMDR and the experience has been incredible! I am really enjoying seeing the benefits of it and have now also started the EMDR training for Children and Adolescents which I have been able to fund myself (as it is a lot cheaper!)

I would not have been able to undertake the training in EMDR without the financial support from PSA so would like to take this opportunity to say how grateful I am. I would also thoroughly recommend the course to anyone is considering training in EMDR.