

EMDR – 4 Part Training 2024 – Funding Report

With thanks to the 'The Foundation for Professionals in Services to Adolescents' I was able to train in EMDR Therapy (Eye Movement Desensitization and Reprocessing) which is a comprehensive psychotherapy that helps you process and recover from past experiences that are affecting your mental health and wellbeing.

My training took part on the following dates:

Part 1 – 26th to 28th June (3 days)

Part 2 - 3rd September

Part 3 – 25th to 27th September (3 days)

Part 4 – 10th December

I trained through the EMDR Academy who state the following:

“The content of any EMDR Europe & UK Accredited course must be in line with the European Association training criteria. The EMDR Academy brings this content alive through an engaging teaching style, plenty of video material of real clinical cases, live demonstrations and interactive practical exercises. They also provide easy-to-follow manuals for each part of the training.

The complete training takes place in 4 parts, which can be booked separately or as a whole package.

The whole 8-day training includes:

Teaching (24 hours)

Supervised practice (18 hours)

Clinical supervision (10 hours)

I fully enjoyed the training course, finding the methods and explanations used to be clear and supportive. The training enabled me to begin working within the EMDR model following on immediately after Part 1.

This is the best virtual training I have ever received, and the skills practice was invaluable in building my confidence in using the approach and also when being a client, experiencing the effectiveness of the therapy firsthand.

I am a Senior Therapist working for a charity, with referrals received from local GP surgeries and local authorities. I have been able to integrate EMDR into my practice and really like the approach. Many of the clients I work with have experienced significant traumas and this is an additional approach that can hopefully assist them if they are willing to engage in the process.