

EMDR Training – Parts 1, 2 and 3

- **Part 1:** 21 hours, online, completed November 2025
- **Part 2:** 7 hours, online, completed January 2026
- **Part 3:** 24 hours, online, completed March 2026

Trainer: Dr Michael C. Paterson OBE, EMDR Europe Accredited Senior Trainer

I would like to express my thanks to The Foundation for Professionals in Services for Adolescence for the opportunity to complete all three parts of my EMDR training. This has been an extremely valuable addition to my therapeutic knowledge and skills, enhancing my ability to support children, young people and their families who are struggling with the impact of trauma.

As a Trauma and Attachment Therapist I work with adopted and looked-after children and young people, and their families, who often experience difficulties arising from early childhood trauma and attachment-related experiences. EMDR complements my existing therapeutic approach and provides an additional framework for helping clients process distressing experiences from their past, enabling them to move forward with greater emotional understanding and resilience. It also offers an alternative therapeutic pathway for young people who may feel stuck in their traumatic experiences and find it difficult to make progress through talking therapies alone.

All the training was delivered online and was engaging, interactive and accessible. Michael brought a wealth of experience and clinical knowledge to the course, combining theoretical teaching with practical exercises, role-play and clinical videos. These helped to bring the model to life and develop my understanding of how EMDR can be applied safely and effectively in practice. Having the opportunity to experience EMDR as a client was particularly valuable, allowing me to gain a deeper appreciation of the process and its potential impact.

Completing the training in three stages allowed me to build on my learning progressively and strengthen my confidence and understanding. The practical elements helped me to translate theory into clinical practice, while the later stages deepened my understanding of working with more complex presentations and supporting clients who encounter difficulties during reprocessing.

Since beginning the training, I have had the opportunity to integrate EMDR into my work with young people and families. The training has broadened my therapeutic toolkit and given me greater confidence in considering alternative ways to support clients whose early experiences continue to affect their emotional wellbeing, relationships and everyday lives.

Overall, this training has been an invaluable professional development opportunity. It has strengthened my existing trauma-informed practice, expanded my therapeutic skills and provided me with a framework that I can continue to develop through clinical experience, reflection and supervision. I am grateful for the opportunity to undertake this training and look forward to continuing to use EMDR to support children, young people and families in processing trauma and working towards more positive and fulfilling futures.