Report for Accredited EMDR Therapy Training by the EMDR Academy

Parts 1,2,3 and 4 (completed 2026)

Part 1: May 6-8 (3 days online training)

Part 2: June 29 (5 hours online group supervision)

Part 3: July 8-10 (3 days online training)

Part 4: Sept 15 (5 hours online group supervision)

Accreditation: I was awarded a certificate in EMDR Therapy, accredited by EMDR Europe and inclusive of the required Theory, Learning and Practicum of EMDR Therapy.

Teaching 24 hours; supervised practice 18 hours and 10 hours clinical group supervision over all parts.

I am a music therapist working at a children's hospice, supporting children, young people and families – many of whom have experienced trauma in their lives. Music therapy provides a space where children and young people can express themselves, often bypassing the use of words, using sounds and music to help express difficult emotions, strengthen attachments, help build family bonds and provide positive memories.

I am extremely grateful to have had the opportunity to complete all 4 parts of the EMDR (Eye Movement Desensitisation and Reprocessing) training, with the support of funding from the Foundation for Professionals in Services to Adolescents (FPSA). I plan to use EMDR at the hospice, at first with parents and carers, and eventually, after completing the EMDR training for children and adolescents, to work with the children and young people.

I undertook the course through EMDR Academy. The training was excellent in its structured approach, consolidating my understanding of trauma and the Adaptive Information Processing (AIP) model, and how distressing past events can affect emotional wellbeing and day-to-day functioning. The course was very thorough in how it taught the practical skills to safely assess, prepare and deliver EMDR with clients, in order to support them to process these memories and reduce current-day emotional distress.

The training took a step-by-step approach to cover the 8 phases of the EMDR Standard Protocol, from understanding a client's history and preparing them for therapy, through to treatment planning, processing the memories and developing positive beliefs about themselves. A key part of the learning was understanding the importance of helping clients feel safe, contained and emotionally prepared before beginning trauma processing, and I found this particularly helpful, giving me the confidence to work with clients, following their lead, and recognising when further stabilisation is needed before processing. I learnt strategies that I will also be able to take into my music therapy sessions.

In addition, although working in this modality was new to me, I found it very reassuring that the training emphasised the importance of continuing to use all my therapeutic skills when practicing EMDR, including use of attunement, empathy, clinical judgement and adapting the pace of therapy according to the client's individual needs. The therapeutic relationship remains at the heart of

EMDR therapy, and this inspired me to remain open-minded about how I will be able to make use of the training at the hospice.

The trainers themselves were extremely knowledgeable and were on hand to answer any questions we might have, also guiding us through the practical exercises clearly. Experiencing EMDR therapy as well as practicing it with fellow students, was an invaluable part of the training. For example, it was helpful to try different methods of bilateral stimulation: it was explained that eye movements are the most effective form, but that it's also important to follow the client's lead. If eye movements are not effective, or are uncomfortable for the client, we can try butterfly taps for example. I can see how flexibility within the structure of the EMDR protocol is incredibly valuable to the client.

The opportunity to undertake this training has been fantastic both professionally and personally. The charity's funding has enabled me to access specialist training that I might otherwise have found difficult to access financially, and the online format made it possible for me to undertake the training. Learning a new therapeutic approach has been both interesting and challenging and has encouraged me to reflect on my clinical work and opened up new ways to support clients.

I would like to express my sincere gratitude to FPSA for funding my EMDR training and supporting me with my professional development – I'm very grateful for the support and I hope to build on this learning over the coming years