**EMDR Training**

I recently completed an EMDR training for Children and Adolescents, which took place over two separate 2-day, training blocks in April and October 2026, online, and was delivered by the Purple House Clinic with the trainer Alice Vine.

The first two days of training focused on the application of EMDR with children and young people, including adaptations to the EMDR protocol to ensure that the approach is developmentally appropriate, as well as ways of engaging children and adolescents in the therapeutic process.

This provided valuable opportunities to develop my understanding of how to introduce and deliver EMDR in a way that takes into account the individual needs and developmental stage of each child, the therapeutic target and the overall aims of therapy. I particularly valued the use of video examples and the way in which we were introduced to working with narratives alongside processing.

The training alleviated some of the pressure I had previously felt to follow the adult protocol with exact precision. Instead, it enabled me to appreciate a more flexible, playful, client-centred and developmentally adapted approach. This feels particularly important and appropriate when working therapeutically with children and young people who have experienced trauma.

The second two days focused on using EMDR with more complex presentations, including dissociation, complex trauma and developmental trauma. This further extended my understanding of how to approach EMDR when working with children and adolescents who have experienced significant and often multiple traumatic experiences and highlighted the importance of adapting the therapeutic process to meet their individual needs.

I found this particularly helpful, as rather than focusing solely on a single-trauma approach, we were introduced to a more holistic way of working with the child, considering their wider life experiences and understanding these within the context of their individual stories. This encouraged a more thoughtful and integrated approach in understanding, helping and supporting the child. Once again, the video resources, which included recordings of live clinical sessions, were particularly valuable in demonstrating how these approaches can be applied in real-life clinical practice.

Overall, the training has been extremely valuable in strengthening both my knowledge and confidence in using EMDR with children and adolescents. It has enhanced my understanding of the adaptations needed when working with younger clients, as well as increased my confidence in using EMDR with more complex clinical presentations. I feel better equipped to assess, engage and work therapeutically with children and young people using EMDR, while remaining mindful of the importance of safety, stabilisation and the therapeutic relationship throughout the process.

I look forward to continuing to develop and consolidate these skills within my clinical practice. I am also very grateful to FPSA for offering me this opportunity to continue my professional development and further enhance my clinical skills.

Specialist Psychotherapist.