

**EMDR Level 1, 2 and 3**  
**May, July and September 2019**  
**EMDR Academy, Leeds, UK**

I would like to firstly thank the FPSA for their generous funding to complete level 1, 2 and 3 training in EMDR. The course was a 4-day programme, covering all three levels. It was led by Caroline Van Diest who is an EMDR Consultant, based in the Netherlands and who delivers EMDR training for EMDR Academy throughout the year. I will avoid repeating previous reports in providing detail on the clinical approach of EMDR yet will describe how the new learning has impacted on my practice in working with adolescents both within my previous CAMHS role and my new role in an Adoption Support Service.

In my new role working as a Consultant Clinical Psychologist in a not-for-profit organisation, The Oakdale Centre in Harrogate, I offer specialist assessments and intervention for children who are adopted and their families. As such, many of the young people on my caseload have experienced early developmental trauma and it is not uncommon for family members to experience secondary trauma in relation to the complexities and challenges associated with this. I also support children and young people who are presenting with psychological distress and who either choose not to wait for a CAMHS service, have been dissatisfied with CAMHS or who haven't met criteria to be seen in CAMHS.

The training delivered by EMDR Academy was excellent in many ways. The venue was fit for purpose, the training materials were accessible and engaging, the pace and structure was spot on and the personality of the trainer was beyond what I could have hoped for in order to elicit a high-spirited energy from participants and a strong and safe group interaction. Throughout the programme, video examples were played of either real cases or role-plays which brought the techniques learnt more 'alive' and furthered group analysis and critique. Whilst I would estimate about only a quarter of participants were practitioners working with children, this training was still very much applicable and I felt able to start my practice with young people, based on the adaptations discussed in the supervision part of the training, where techniques relevant for working with children were considered and practiced.

The training has provided me with the skills to embed EMDR within my clinical practice and I intend to complete the child-EMDR next, to further develop these skills for younger ages and with more complex presentations.

Once again, I'd like to sincerely thank the FPSA for their support in me accessing this training and acquiring further skills in this area with the aim of working with vulnerable young people with the goal of eliciting positive change and a better quality of life for them and their families.