

## **EMDR Training Level 1 & 2 Child Adolescent Training**

I am a Deaf Art Psychotherapist working in a NHS Deaf CAMHS team and identified a need to enhance my therapeutic interventions by using EMDR in conjunction with my current practice. I had to reflect on how to modify the learning resources for deaf BSL users where use of hands not voice is a primary communication method. This training has helped me explore how I can creatively adapt the methods to effectively support deaf children who have experienced trauma.

To access the training BSL interpreters were used, provided via my Access to Work package to enable me to gain opportunities to improve my professional practice as a deaf art therapist. The trainer was patient and understanding of my communication requirements and we had an initial preparatory meeting to explain how to work with interpreters including giving them advance sight of course materials to prepare for sessions. The trainer was very helpful in facilitating access for all of us on the course.

The training has supported me to gain insight and on how to adapt different resources for BSL users to find creative solutions to ensure the protocols are processed. The trainer was very experienced and was able to show through videos and samples how to process EMDR with children. In the training the trainer explained about attachment, trauma and loss wounds to help understand how to modify the methods for use with children

This training has also helped me explore how I can refine my approach with deaf children with additional needs, it is an invaluable training that given me confidence to understand ways to adjust and communicate using different type of resources, to ensure that the deaf children feel secure with this type of intervention. It has given me a wide range of tools to alter ways of coping with the flashbacks, traumas and emotional challenges that a child may experience through the process. Deaf children have many years of traumatic experiences in their lives and often difficult to desensitize multiple events in their lives. EMDR has enabled them to get to the core feelings of the triggers and support them to process the memories. With this training it has helped me to understand more broadly tools I can use to process a wider range of children's traumas.

I have regular EMDR supervisions for work with both children and adults and aim to become accredited.

Art Psychodynamic Psychotherapist/EMDR