

## EMDR

I am an Integrative Child and Adolescent Psychotherapist working in private practice (adolescents, children and adults) as well as delivering specialist school-based psychotherapy as a freelance clinician in an SEMH secondary school. A great number of my adolescent clients have experienced childhood trauma (multiple trauma in general, and sometimes a single trauma), and experience dissociative symptoms and challenging presentations that get in the way of their present and future wishes and their self-esteem and sense of worth.

EMDR Therapy is highly effective with anxieties, trauma, dissociation, phobias, negative self-beliefs/schema, etc., and it is recommended by key national and international health organisations, so in 2017 I decided to add EMDR Therapy to my clinical toolkit.

I self-funded the first two EMDR training parts (i.e. Parts 1 and 2, with EMDR Academy) and soon saw positive clinical changes in clients. However, as I was self-funding the training, I assumed that it would take some years to complete such an effective therapy modality. Luckily a friend and colleague therapist told me about Foundation PSA. I applied to their next application deadline date (the Foundation has many application deadline dates throughout the year) and was granted funding to complete the remaining EMDR training within a month of applying. The application process is easy, and the communication and actions from the Foundation are effective, agreeable and supportive.

Foundation PSA has funded my EMDR Part 3 (two-day course in London), EMDR Child and Adolescent Level 1 (two-day course in London) and EMDR Child Adolescent Level 2 (two-day course in Leeds) trainings in 2018 and 2019. All three training courses were delivered by EMDR Academy which is an excellent provider of EMDR training that delivers the training in various UK locations.

In all their training courses EMDR Academy uses realistic and effective clinical videos to demonstrate techniques; presentations to teach the theory and techniques; interactive group clinical exercises to practice techniques and cement the learning; and offers substantial supervision slots within the training to support clinicians' EMDR Therapy interventions and clinical formulations and treatment ideas around using EMDR to regulate affect and behaviours, increase tolerance levels in clients, and work with trauma.

I have recommended this EMDR Therapy training provider - and would do in the future - as it is clear that the presenters/trainers hold strong professional standards both as clinicians and as trainers and share robust theory- and clinical practice-based methodologies - always using positive and inspiring communication.

As my training progressed, I saw more positive clinical outcomes in my work with young clients from the use of the Safe Place, Resourcing tools, Narrative EMDR and developmentally adapted EMDR protocols for traumatised adolescents.

Just days ago (late June 2019) I completed my EMDR training to work with adolescents. The final leg of the Child and Adolescent EMDR training (Level 2) covers advanced clinical techniques such as working with Looked After Children/Adolescents, working with young clients with ASD, working therapeutically with dissociative symptoms, in-depth Resourcing, and much more.

I can now work confidently using EMDR therapy to support adolescents and young children (e.g. using techniques from Level 2 with adolescents the day after the actual training ended.) My work with children and adults has already benefited from Foundation PSA's funded training and support. I would say that Foundation PSA's work not only improves the lives of adolescents yet also does it

with the younger generations (children) and the older generations (adults) as seen in my clinical practice and those of colleagues who have also benefited from Foundation PSA's help.

I am very grateful for the significant support that Foundation PSA has provided me and remain impressed by their robust commitment to improving adolescents' mental health, emotional wellbeing and overall quality of life via their training grants to professionals.