

**Eye Movement Desensitisation and Reprocessing (EMDR) Therapy Training: For work with young people and families in a specialist children's hospital.**

I completed my EMDR accredited training on 7<sup>th</sup> May 2021 with EMDR Works, thanks to the support of the FPSA. The training consisted of four parts, stretched over a 10-month period, and adapted to be online due to the pandemic. The course was excellent, providing a mixture of theory, practicum and supervision. I have been keen to train as an EMDR therapist for a number of years due to the nature of my work. I am a specialist clinical psychologist working in paediatric health settings. Currently working in a tertiary children's hospital principally in the Intensive Care Units with children, young people and their families I have been struck by the level of trauma experienced and how enduring in nature this can be.

My EMDR training now allows me to offer this evidence-based trauma intervention to the young people I work with and their parents. Following long stays in hospital, being in an ICU environment and being diagnosed with life limiting or life-threatening conditions, many young people experience post-trauma symptoms which impact their daily lives. EMDR offers a time effective, targeted intervention which provides rapid relief from difficult psychological symptoms. I have also been able to use it with those who have been bereaved and parents of young people who witnessed trauma.

Being able to offer this intervention to the young people I work means less need for onward referral to local mental health services who are over-stretched and struggling to offer specialist trauma input to all who need it. It offers containment to families to be able to access this type of trauma intervention at the hospital they know and in an environment they are familiar with. It has been appreciated by the treating medical teams and other psychologists in the department alike.

I want to send huge thanks and gratitude to the FPSA for funding this training and allowing me to be able to open this avenue up to young people experiencing serious health conditions. I am excited to take this forward with me in my career and offer this input to as many people as possible.

Specialist Clinical Psychologist