

FPSA FUNDING REPORT

I completed my EMDR for children training level 2 on 21st to 23rd June 2021. I have a dual role working as a private practitioner with adults and children and as a Senior Practitioner in CAMHS team. The training has been so valuable in helping me in working with children who have significant attachment issues. One of the protocols DNMS, really helped to give me more resourcing strategies when healing attachment wounds. The training emphasised attachment, loss and trauma as the three major wounds that might be experienced by an individual, where attachment is the most fundamental of these. It went into much more detail than previous training about the differences between wounds and trauma and how to work with each one. One of the DNMS techniques was creating a resourcing 'virtual team' for a client. I really connected with this approach and many of my clients have valued this additional resource before starting processing. I have even used it successfully in adults.

By using these strategies and knowledge, I have been able to work collaboratively with young people, carers and professionals to resource them, establishing, safe and consistent relationships and environments. This training gives much more insight and advice around how to work with carers and professionals, seeing the child more systemically rather than purely working individually. This has allowed me to bring in carers more into the work and has enhanced the processing of the children.

One client I have worked really well with this is a 14-year-old who was autistic and had been sexually assaulted and groomed by a man. We were able to utilise psychoeducative narratives, and EMDR protocols, adapting them specifically for autistic children. I really enjoyed the 'safe place world' that this training introduced as to me it linked the EMDR training with my Play Therapy training by creating a world in the sand tray we were able to really install this resource effectively.

I also really enjoyed working with clients around affect regulation. I often draw around children or use body images to help them connect feelings in the body to emotions. This training really unpicked this and allowed me more tools to work with children in this way.

I look forward to fully embedding the training and gaining confidence in the skills that I learned during the training. I am working towards accreditation and this training has given me a lot more skills in my toolbox for complex cases that I have been working with.

I want to say a big thank you for the funding that I was awarded and assure the FPSA that the investment in my training will be put to the most effective use possible.