

Report for Foundation

**Name :** Andrew Armstrong

**Course title:** EMDR (eye movement desensitization and reprocessing) Stages 1 – 4

**Date:** Stage one – 20/21/22 May. Stage two – 4/5 Sept. Stage three and four – 6/7 Nov.

**Venue:** Kings Manor, York.

**Provider:** EMDR Extra

This training package was split over three separate dates in the magnificent King's Manor in the heart of the city of York. All of the training sessions were led by Dr Manda Hounslow and Dr David Blore both highly experienced clinicians and trainers, as well as being approachable. They were accompanied by a trainee trainer who alternated over the three sessions.

Stage one - cover the basics of EMDR and began with an overview of how the therapy was devised by Dr Francine Shapiro and has since developed. Over the next three days areas that were covered are as follows:

- EMDR basic protocol
- Creating a safe/secure place
- Assessment phase of the protocol
- Resource installation
- Examples of cognitions / cognitive interweaves
- Dissociation / Dissociative Experience Scales (DES)
- Overview of PTSD
- Pendulating and Light stream exercises

There abundant opportunities to practice these procedures together and the trainers were extremely helpful to alleviate fears and answer questions. The three days passed quickly and leaving the venue I felt prepared to tackle new cases with appropriate supervision back in my workplace.

Stage two – recapped the previous three days and built upon those skills that had been developed in stage one. This stage was held over two days. Preparation for stage two was to have two cases either completed or in the process of completing using EMDR. The points covered over the two days were as follows:

- Review of protocol

- Touchstone memory
- Phobia Protocols and current anxieties
- Future templates
- Blocked/ looped processing and cognitive interweaves
- Installation of Resources
- Lightstream exercise.

The last half of day two in this stage of the training was a group supervision exercise. I found this to be extremely beneficial by exploring the cases that I had already upon, understanding that the other people in the training were at the same level as me and the questions that were asked by peers were useful as generally they covering a query that you had also.

Stage three – this was a one day workshop which again recapped previous training days to consolidate the previous learning experiencing. The aspects that were covered are as follows:

- Adaptive information processing (AIP)
- Memory Networks
- Three layered approach: Past, Present and Future
- Complex trauma and dissociation
- Affect regulation
- Child Abuse survivors
- Grief and Mourning
- Pain Protocol
- History

Again opportunities for practice and questions to trainers were actively encouraged.

Stage four – final part of the training which supervision and practicum day. The day was split in half. The first half involves group peer supervision, again extremely beneficial. The second half was working in small groups upon scenarios, devising a therapeutic pathway for them using EMDR and then feeding back to the larger group for discussion.

I found this course extremely enjoyable and challenging in a rewarding sense. It has allowed me to develop as a practitioner and it has also boosted by own confidence in

my day to day clinical practice. I would highly recommend this course to colleagues and peers alike.

I would like also to take this opportunity to thank the foundation for giving me the funding for this training.

Andrew Armstrong

November 2013.