



EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY



## **EMDR LEVEL I CHILD & ADOLESCENT TRAINING**

**SUSAN M. DARKER-SMITH**

**Date : Weds 6<sup>th</sup> – Thurs 7<sup>th</sup> June 2018  
9.30 a.m – 4.30 p.m**

**Venue : The Quaker Meeting House, 7 Victoria St, Edinburgh EH1 2JL**

**Booking via : The EMDR Academy**

**<https://www.emdracademy.co.uk/child-emdr-training>**

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This practical 2-day training is offered to those who have completed, at a minimum, part 2 / level 2 of an EMDR Europe accredited training in EMDR and who have at least 1 year of experience of working with children / adolescents under the age of 18. The training will include practicums and skills-based learning to help consolidate learning and flexibility in the delivery of EMDR with children. The purpose of the training is to ensure that participants take into account the over-arching developmental stages of children when utilising EMDR with this population.

With this in mind the training has the following aims:

1. to ensure that participants learn how to identify and utilise the most appropriate developmental protocol to maximise the therapeutic benefit to the child and their family
2. to enable participants to learn the necessary technical modifications (adaptations) of standard EMDR treatment components by age groups (toddler, pre-school aged children, school-aged children and teenagers)
3. to demonstrate, via clinical case work and video material, ways in which different developmental protocols are used.

To achieve these aims the Trainer will teach a range of topics and practical skills including:

- How to explain EMDR to children
- Eliciting a safe place appropriate to the child's age and developmental stage
- Working systemically with families
- Stretching the window of tolerance to accommodate improved emotional regulation and examples of how children emotionally regulate differently to adults will be also taught

During the course of the training there will be opportunities:

- To learn what to do when processing becomes blocked including the use of interweaves with children and
- To be introduced to the 4-fields group protocol for children

- **ABOUT SUSAN :**

Susan M. Darker-Smith is an accredited EMDR Europe Child Trainer and a member of the EMDR UK & Ireland Child and Adolescent Committee. She works in a CAMHS team in the NHS alongside working privately in supervising others. She is actively involved in working alongside Trauma Aid UK and the EMDR UK & Ireland Association in setting up an EMDR response network for national disasters and acts of terrorism in response to recent events in the UK and Ireland.

**INTERIM GUIDELINES TO WORKING WITH CHILDREN :**

The EMDR Association UK & Ireland's Interim Guidelines to Working with Children & Adolescents, written by the Child & Adolescent Committee gives a standard which is expected for those wishing to work with children and adolescents. By attending the level 1 training, there is an expectation that you agree to abide by these guidelines, developed to help those working with children & adolescents ensure safe practice.

The Interim Guidelines to Working with Children & Adolescents can be found here : **[LINK](#)**