### WORKING WITH TRAUMA

- SARA YOUNG



Resource Guide

# **About Sara Young**

I am a child and adolescent psychotherapist, and EMDR therapist.

I work predominately with children who have been exposed to an Adverse Childhood Experience (ACE). I am in the third of my part-time Ph.D. at Northumbria University. I would like an opportunity to share with other therapists, some background to my research with a small insight into my clinical work with children and adolescents demonstrating how Transactional analysis informs my EMDR.



I hope this will increase the awareness of the need for child research in order to make changes to government policy for early intervention for children.



### **Event Details**

I would like to talk about my research with children and adolescents using TA informed EMDR.

### Resources

About the CDC-Kaiser ACE Study

www.emdrassociation.org.uk



## **EMDR** Training

#### **Basic Training**

What does the training involve?

In order to train as an EMDR therapist, it is a requirement that the person is a trained mental health professional with accreditation from their professional body (e.g. British Psychological Society and HPC, GMC (Psychiatrists), UKCP, BABCP, BACP, IACP, etc).

Source: www.emdrassociation.org.uk/training-2/basic-emdr-training/

Click Here For More Details
About EMDR Training



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- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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