EMDR in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



EMDR in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “EMDR in Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “EMDR in Practice” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About EMDR in Practice

This intermediate practitioner course serves as the critical bridge between foundational EMDR knowledge and independent clinical competence, focusing on the delivery of the standard protocol with precision and clinical judgement. Learners will engage in a deep dive into the preparatory phases, mastering the nuances of history taking within the Social GGRRAAACCEEESSS framework and constructing robust resourcing plans that empower clients to manage distress. The curriculum emphasises the art of desensitisation, teaching clinicians how to judiciously adjust bilateral stimulation and set size to facilitate adaptive information processing without overwhelming the client's capacity for integration.

The training moves beyond basic mechanics to address the complexities of managing blocked processing, equipping practitioners with a sophisticated toolkit of cognitive interweaves to re-engage stalled targets. Participants will learn to navigate the delicate balance of abreaction, distinguishing between necessary affective release and potential re-traumatization, while effectively identifying and managing dissociation. The course concludes with a detailed examination of the final phases of the protocol, ensuring learners can competently guide clients through installation of positive cognition and the comprehensive body scan to verify the resolution of somatic markers.

By prioritising safety and the successful completion of the protocol, this training prepares clinicians to deliver EMDR with autonomy and confidence. It is intended for professionals who have completed EMDR foundations or equivalent training and are seeking to refine their practice, ultimately fostering the high-level competence required for independent, evidence-based trauma therapy.

By the end of the course, participants will be able to

- Set up phase-three assessment precisely: image, negative and positive cognitions, VoC, emotion, SUD and body location
- Conduct desensitisation sets and respond to channels of association productively
- Recognise blocked processing and apply interweaves judiciously
- Complete installation and body scan, and close every session contained
- Re-evaluate at each session and work the target plan systematically
- Apply the three-pronged protocol: past events, present triggers and future templates

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Foundations of EMDR Desensitisation and Resourcing	5	195 minutes
2	Advanced EMDR Strategies for Complex Trauma	5	195 minutes
3	Stabilisation, Interweaves, and Closure in EMDR	5	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.