Advanced EMDR: Complex Trauma and Specialisms: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced EMDR: Complex Trauma and Specialisms: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “Advanced EMDR: Complex Trauma and Specialisms” 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.

Revision 2. This printing was set on 9 November 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Advanced EMDR: Complex Trauma and Specialisms 4
2. Planning the sessions 6

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced EMDR: Complex Trauma and Specialisms” to a group: a session for each of its 4 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 4 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 Advanced EMDR: Complex Trauma and Specialisms

This advanced programme is designed for EMDR practitioners who have already achieved competence in the standard protocol and wish to extend their clinical scope to complex trauma presentations and specialised populations. Over ten CPD hours, participants will engage deeply with the theoretical and practical modifications required for complex and dissociative presentations, including phased, resource-focused approaches that prioritise safety and stabilisation before trauma processing. The curriculum addresses structural dissociation theory, ego-state mapping, and the nuanced application of resource development and installation (RDI) within the window of tolerance, ensuring that clinicians can titrate processing intensity while maintaining therapeutic alliance.

Specialist protocols are examined in detail: the recent traumatic events protocol for early intervention, specific phobia adaptations, chronic pain protocols integrating somatic awareness, and complicated grief frameworks that incorporate meaning reconstruction. Work with children and adolescents covers developmental adaptations, storytelling, and play-based bilateral stimulation, while modules on military and emergency-services populations explore moral injury, operational stress, and the impact of organisational culture. The course also considers delivery within multidisciplinary teams and stepped-care systems, referencing outcome monitoring tools such as the PHQ-9 and GAD-7, and the importance of intersectional formulation using frameworks like Social GGRRAAACCEEESSS.

Throughout, emphasis is placed on fidelity to the EMDR model, the role of consultation in maintaining protocol integrity, and strategies for clinician sustainability in the face of vicarious trauma and burnout. Participants will leave with a comprehensive toolkit for complex case formulation, enhanced decision-making regarding protocol selection, and a strengthened capacity for reflective practice aligned with current NICE guidance and EMDR Europe standards.

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

- Adapt EMDR for complex PTSD, including extended stabilisation and titrated processing
- Use restricted processing protocols, including EMDr, deliberately
- Work with dissociative presentations safely, including screening and fractionation
- Apply EMDR to grief, phobia, pain and addiction presentations with protocol adaptations
- Handle abreaction confidently, keeping dual attention alive
- Integrate EMDR coherently within a broader therapy rather than as a bolt-on

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	EMDR for Complex Trauma and Dissociation	4	210 minutes
2	Advanced Stabilisation and Integration in EMDR	4	210 minutes
3	Specialist EMDR Protocols for Diverse Populations	4	210 minutes
4	EMDR for Special Populations and Conditions	5	210 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.