# Advanced Trauma Work and EMDR Awareness: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



# Advanced Trauma Work and EMDR Awareness: 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 Trauma Work and EMDR Awareness” 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 3. 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 Trauma Work and EMDR Awareness 4
2. Planning the sessions 5

# How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced Trauma Work and EMDR Awareness” 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 Trauma Work and EMDR Awareness

At the far end of trauma work wait the presentations that test everything: dissociative structures formed in childhood, moral injury that no exposure protocol touches, grief tangled through traumatic imagery, and the slow cost the work exacts from the clinician's own nervous system. This course meets them directly, for experienced trauma practitioners.

The first module works with the hard presentations: dissociation understood structurally rather than as an obstacle, parts-informed approaches used with clinical discipline, and moral injury and traumatic grief, where the wound is to meaning and mourning rather than to safety, and treatment must change shape accordingly. The second module examines EMDR at depth, its eight phases, its mechanism debates, what the dismantling studies actually show, so you can engage with it as an informed clinician, and closes with vicarious trauma: the realistic maintenance of the practitioner as instrument, beyond the usual self-care platitudes.

Extended written lessons with key points and supervision-level practice tasks, with a study tutor available for what this material raises. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Formulate complex PTSD and developmental trauma, distinguishing them from adjacent presentations
- Sequence long-haul treatment across phases with shifting priorities and setbacks
- Describe EMDR's eight phases and adaptive information processing model, and what treatment involves, at awareness level
- Work with shame, self-attack and perpetrator introjects in relational trauma
- Manage vicarious traumatisation and your own limits as a matter of professional discipline
- Critically compare the evidenced trauma therapies and reason about matching client to approach

## 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 | Advanced EMDR for Dissociation and Moral Injury | 5 | 210 minutes |
| 2 | Somatic, Existential, and Structural EMDR Integration | 5 | 210 minutes |
| 3 | Practitioner Regulation and EMDR Mechanics | 5 | 210 minutes |
| 4 | Attachment, Memory, and Advanced EMDR Strategies | 4 | 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.