



LOOKING AHEAD: THE FUTURE OF EMDR IN C&A

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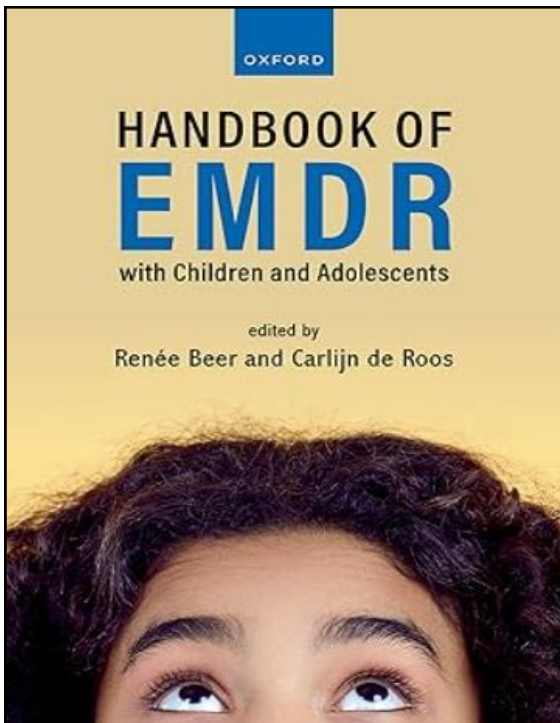
1



WHERE ARE WE GOING?

- Increasing global demand for trauma-informed care in children and adolescents.
- Expanding understanding of the neurobiology of trauma and development (brain, body, relational systems, and adaptive survival responses)
- Growing recognition of complexity: attachment, dissociation, systemic and intergenerational influences.
- The need to preserve fidelity to the EMDR model, while allowing clinical decision making to be guided by deep, individualized case conceptualization

2



THE ROLE OF *Handbook of EMDR Therapy*

What this book offers:

- Integration of theory, research, and clinical application
- Contributions from diverse international voices
- A bridge between research and practice

Why it matters for the future:

- Creates a foundation for shared understanding
- Supports clinicians working at higher levels of complexity
- Serves as a platform for ongoing dialogue and development

3



WHAT IS NEEDED TO STRENGTHEN THE FIELD

1. Structured Developmental Pathways

From basic training → advanced specialization in C&A

2. Accreditation and Standards

Clear competencies for working with children and adolescents

3. Integration of Complexity

Attachment

Dissociation

Nervous system organization

Relational and systemic work

4. Ongoing Consultation and Mentorship Models

Depth is developed relationally, not just didactically

4



WHY COMMON RESOURCES MATTER

- **Shared resources create a shared language**
- Alignment across countries, cultures, and systems
- Greater clinical consistency and fidelity
- **They support depth and specialization**
- Move beyond “basic training” into nuanced applications
- **They reduce fragmentation in the field**
- Prevent isolated practices
- Strengthen collective clinical wisdom

5

From individual expertise → collective intelligence

THE FUTURE IS NOT BUILT IN
ISOLATION



6



THE HANDBOOK AND RESEARCH

- Identify gaps in current research
- Inspire new lines of inquiry
- Support evidence-informed clinical innovation

Future directions:

Research on EMDR with children

- Aged 0-8 years with PTSD
- With complex PTSD (and intensive trauma treatment)
- With symptoms beyond PTSD
- Integration with systemic and family-based approaches EMDR for parents and
- EMDR for parents

7



CLOSING REFLECTION

**This book is not an
endpoint—it is a
beginning**

It represents:

A consolidation of what we know
A bridge to what we are still
discovering

**The future of EMDR in C&A depends
on:**

- Shared resources
- Shared responsibility
- Shared vision

8

Thank you



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9

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10