

The Embodied Witness

Do we rise from the ashes too?



A qualitative study exploring the lived experience of EMDR practitioners working with Complex PTSD.



How does being an embodied witness influence the therapist, the relationship, and therapeutic outcomes?



Who can take part?

-  EMDR-accredited practitioners or consultants
-  Currently practising in the UK
-  Self-report experience of working therapeutically with clients presenting with Complex PTSD
-  Able to provide informed consent and participate in an interview conducted in **spoken English** or with appropriate communication support (e.g. a **British Sign Language** interpreter arranged by the participant)



What is involved?



One Microsoft Teams semi-structured interview (approximately **60–90 minutes**)



Study aims

-  This study explores how EMDR practitioners experience the emotional, somatic, and relational impact of working with Complex PTSD, including somatic resonance, co-regulation, vicarious distress, and post-traumatic growth.
-  It seeks to understand how these experiences may influence therapeutic presence, the therapeutic relationship, and therapeutic outcomes for clients, as well as how they may contribute to **post-traumatic growth in practitioners.**



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Interested in taking part?

Contact me for further information.
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Participation is voluntary.
All information will be treated
confidentially and anonymised.



Ethical Approval Reference:
Health 01387 FR



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