

Welcome to

# Understanding EMDR Therapy for Children: A Trauma-Informed Guide

THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

 *Icebreaker Question*  
(answer in the chat)

What is your favorite ice cream topping?

Connect With Us!



in

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*Survey & Certificate of Completion*

Available following the training.

VISIT [CALTRIN.ORG](https://CALTRIN.ORG) &  
SCAN TO LEARN MORE



# Hi. We're CalTrin!

## Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

## What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources



This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBC /CalTrin and do not necessarily reflect the views of the California Department of Social Services.



# UPCOMING TRAININGS

## *mark your calendars!*

Visit [caltrin.org](http://caltrin.org) to view and register for upcoming webinars or workshops



**October 30 & November 4** | Essential Employee Conversations



**November 5** | Opportunities for Expanding Parent Leadership



**November 14** | Paternal Perinatal Mental Health: The Changing Face of New Fatherhood



**November 18** | Social & Emotional Competence of Children



**November 19** | Recognizing & Regulating Workplace Distress Through the Window of Capacity



**November 20** | Trauma-Informed Leadership in Turbulent Times

# Before We Begin...

## DURING



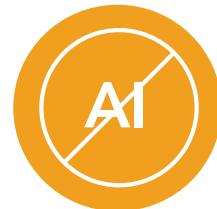
Access the notetaking slides now! The link can be found in the chat.



Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.



This presentation is being recorded.



External AI assistants are not allowed in CalTrin trainings due to California privacy laws.

## AFTER



Complete the survey at the end of this webinar to receive your Certificate of Attendance.



A follow-up email will be sent to all participants within two days.



# **Understanding EMDR Therapy for Children: A Trauma-Informed Guide**

**Presented by Christine Mark-Griffin, LCSW, RPT, RYT**



# Speaker SPOTLIGHT

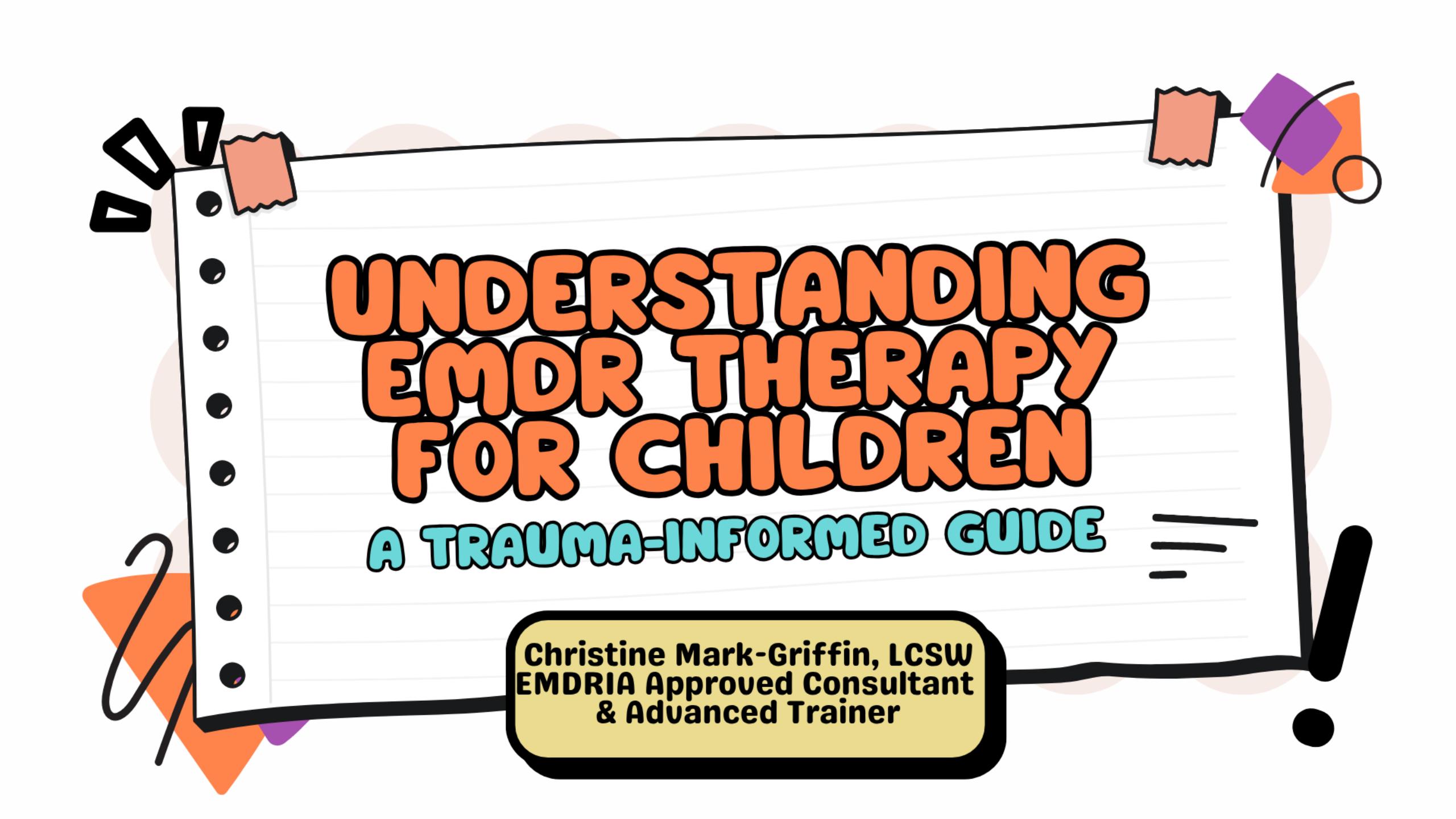


## Christine Mark-Griffin

EMDRIA Approved  
Consultant & Advanced  
Trainer

- Internationally acclaimed expert in EMDR therapy for children
- Owner of Spark All Wellness, a private group practice specializing in EMDR, play therapy and trauma-informed yoga therapy with women and children
- Author of the award-winning *EMDR Workbook for Kids*





# UNDERSTANDING EMDR THERAPY FOR CHILDREN

## A TRAUMA-INFORMED GUIDE

Christine Mark-Griffin, LCSW  
EMDRIA Approved Consultant  
& Advanced Trainer



# ABOUT YOUR INSTRUCTOR

LCSW

EMDR  
CONSULTANT

EMDR  
TRAINER

AUTHOR

RPT

TRAUMAPLAY

RYT

PMH-C

FOUNDER

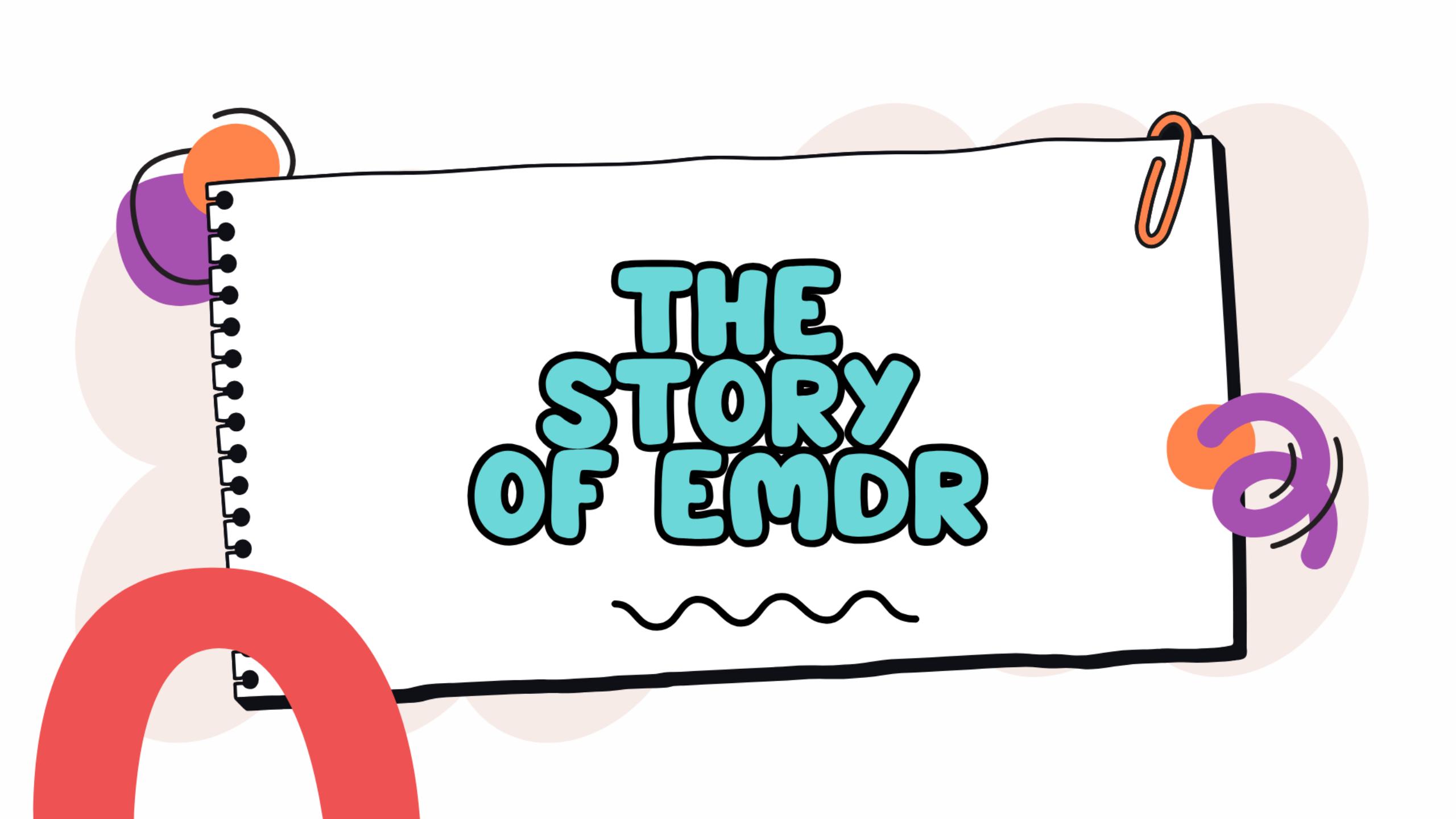




# LEARNING OBJECTIVES

GAIN A FOUNDATIONAL  
UNDERSTANDING OF HOW EMDR  
THERAPY CAN BE ADAPTED TO  
SUPPORT CHILDREN'S HEALING  
AND RESILIENCE

99



# THE STORY OF EMDR

# ONCE UPON A TIME

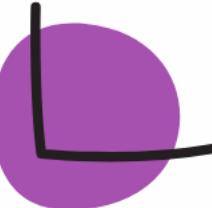
Once upon a time, a psychologist and researcher named Francine Shapiro was walking in the park and discovered that when she moved her eyes back and forth, she felt better about something upsetting that was on her mind. She got curious and began to study and develop what we now know as EMDR therapy. Today, EMDR therapy helps people all over the World heal from upsetting and traumatic experiences!





# WHAT IS EMDR?

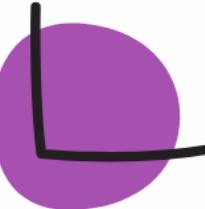
EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based therapy that helps people heal from distressing or traumatic memories by using back-and-forth eye movements, sounds, or taps to support the brain's natural ability to process and let go of difficult experiences.





# COMMON MISCONCEPTIONS

- ★ EMDR is just moving your eyes
- ★ EMDR is only for PTSD
- ★ EMDR is only for Adults
- ★ EMDR is like hypnosis
- ★ EMDR works instantly
- ★ EMDR is only for working on problems

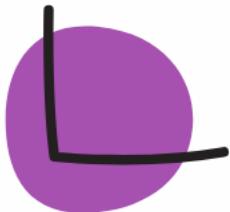
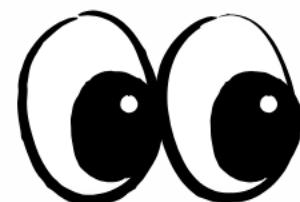


# LEARNING BACK AND FORTH MOVEMENT

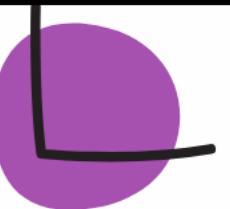
★ Eye Movement

★ Tactile

★ Auditory



# EYE MOVEMENT





# TACTILE



## Step One

With your palms facing up, cross your thumbs to create a "butterfly shape." Gently flap your butterfly wings!



## Step Two

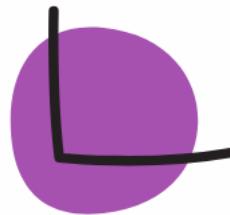
Place your butterfly over your heart!



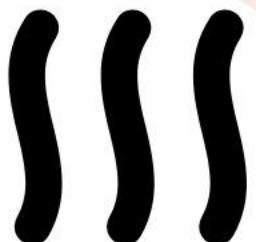
## Step Three

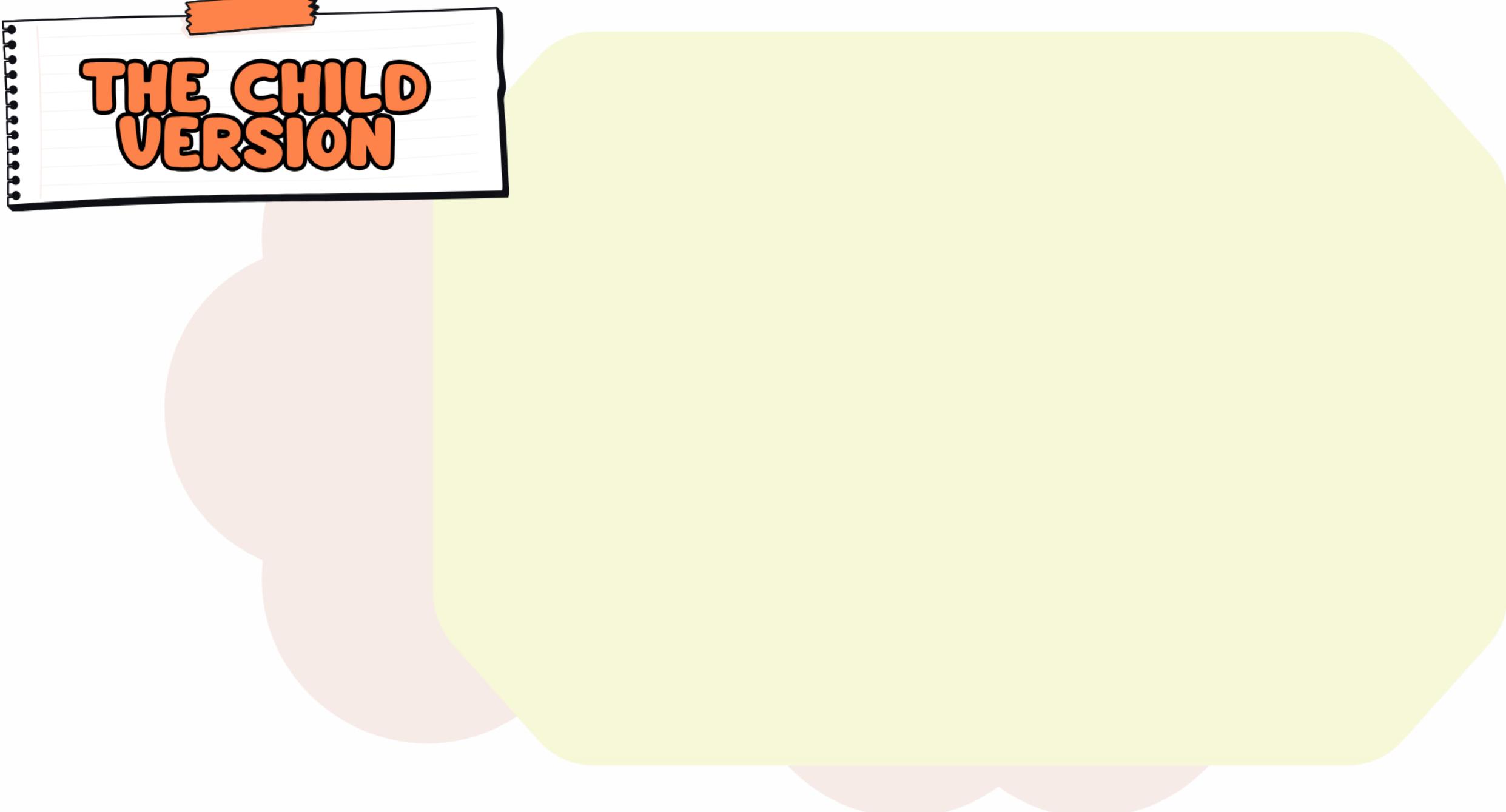
Touch your butterfly wings (fingertips) slowly one at a time to your collarbone about 8-10 times. Right, left, right, left, right, left, right, left...

# AUDIO



# CREATING A SAFE, CALM PLACE





# THE CHILD VERSION

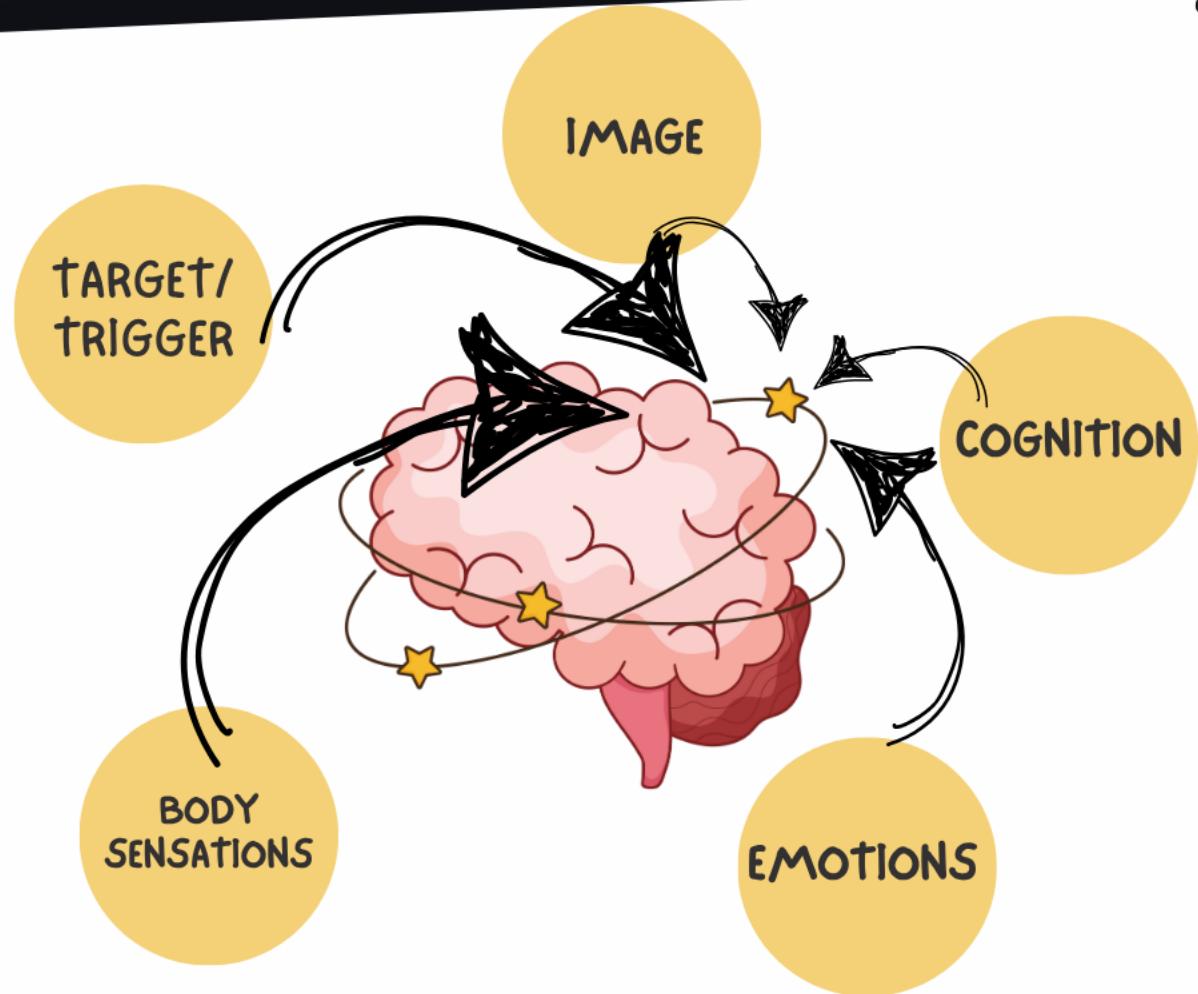
# 8 PHASES



# AIP

The Adaptive Information Processing (AIP) model, developed by Francine Shapiro, is the theoretical foundation of EMDR. It proposes that the brain naturally processes experiences in an adaptive way, but trauma or significant stress can disrupt this system, leaving memories “stuck” and continuing to trigger distressing emotions, thoughts, and physical sensations.

# COMPONENTS OF MEMORY

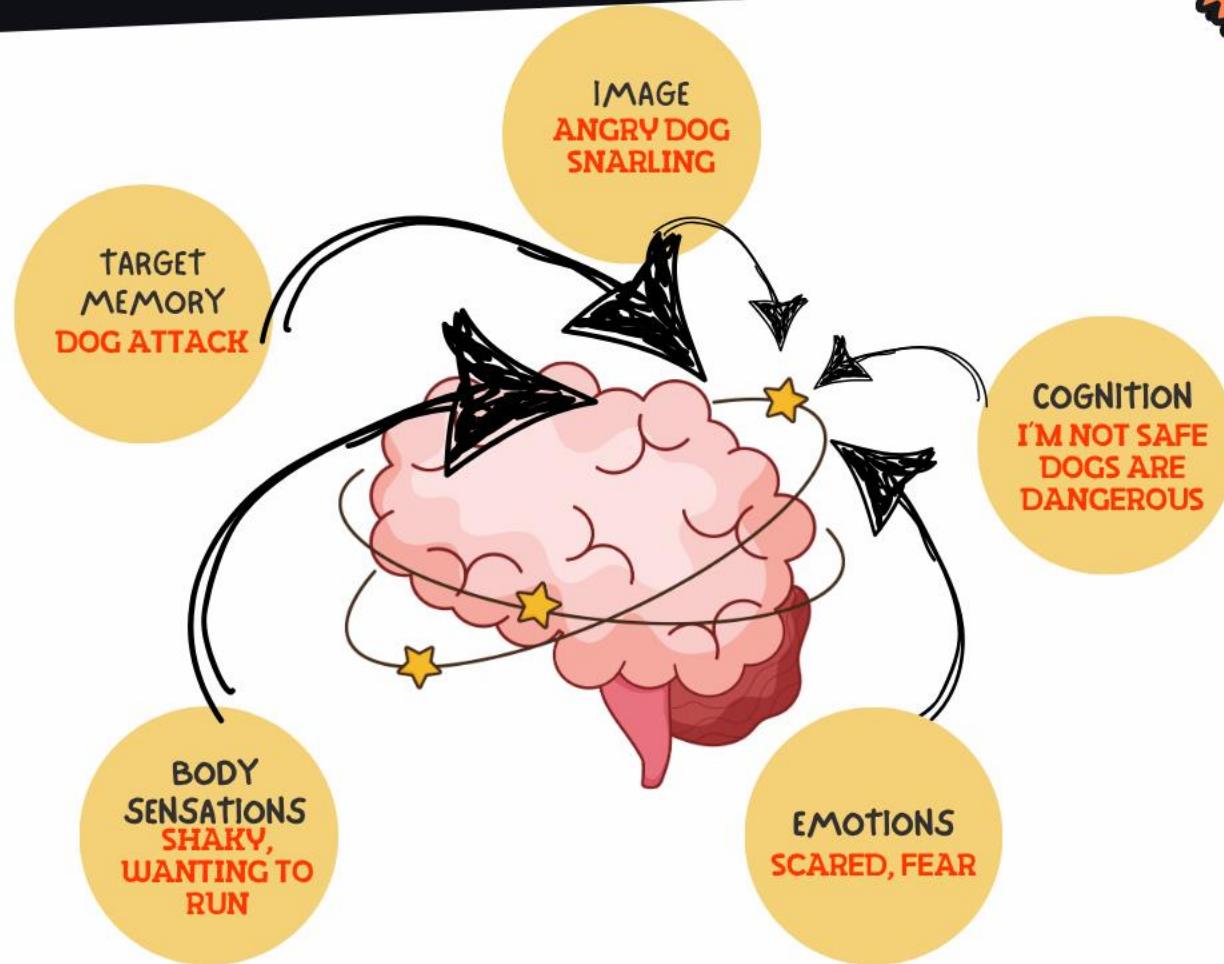


# GIVE IT A TRY!

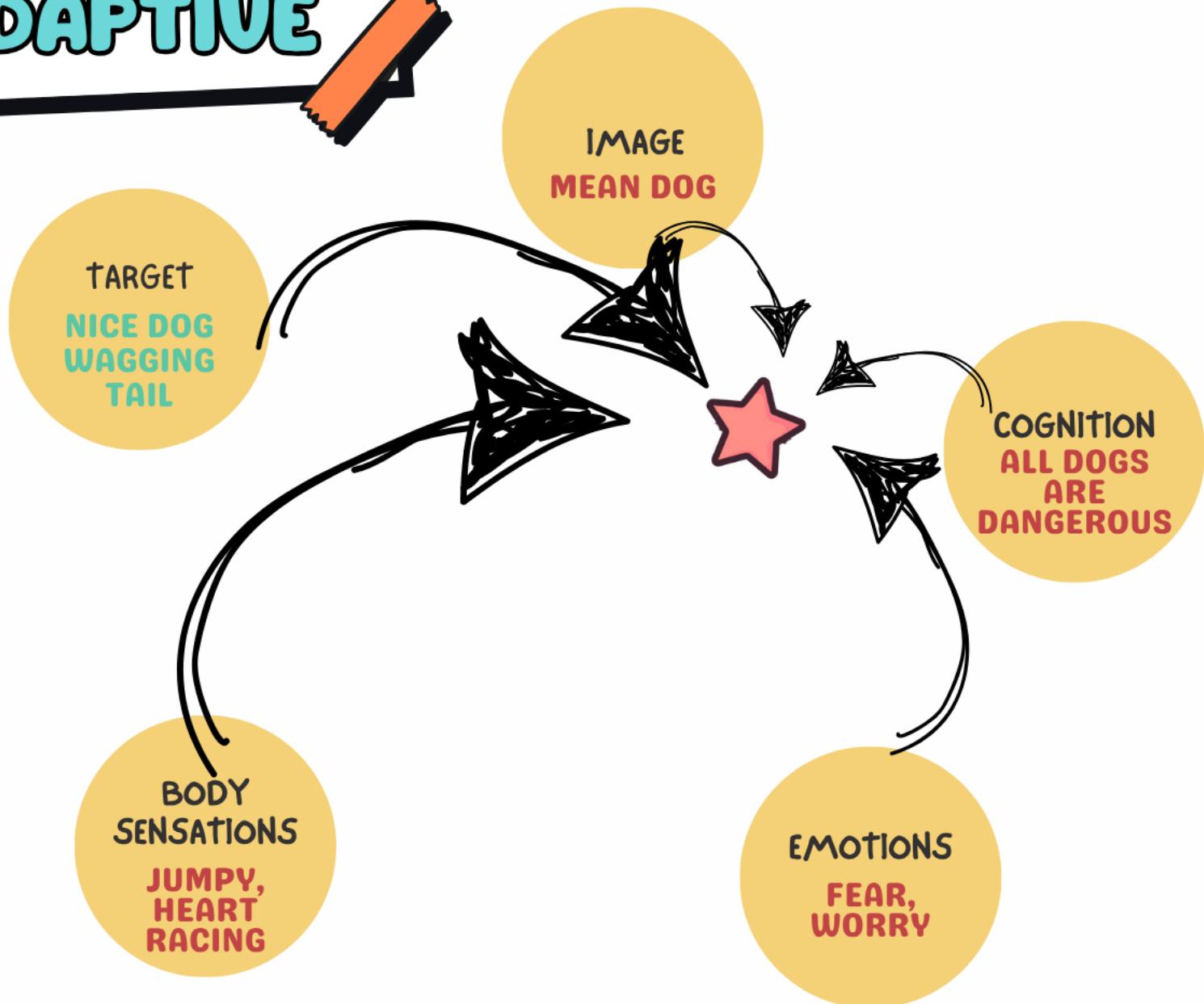
THINK OF A  
SONG  
FROM YOUR  
PAST!



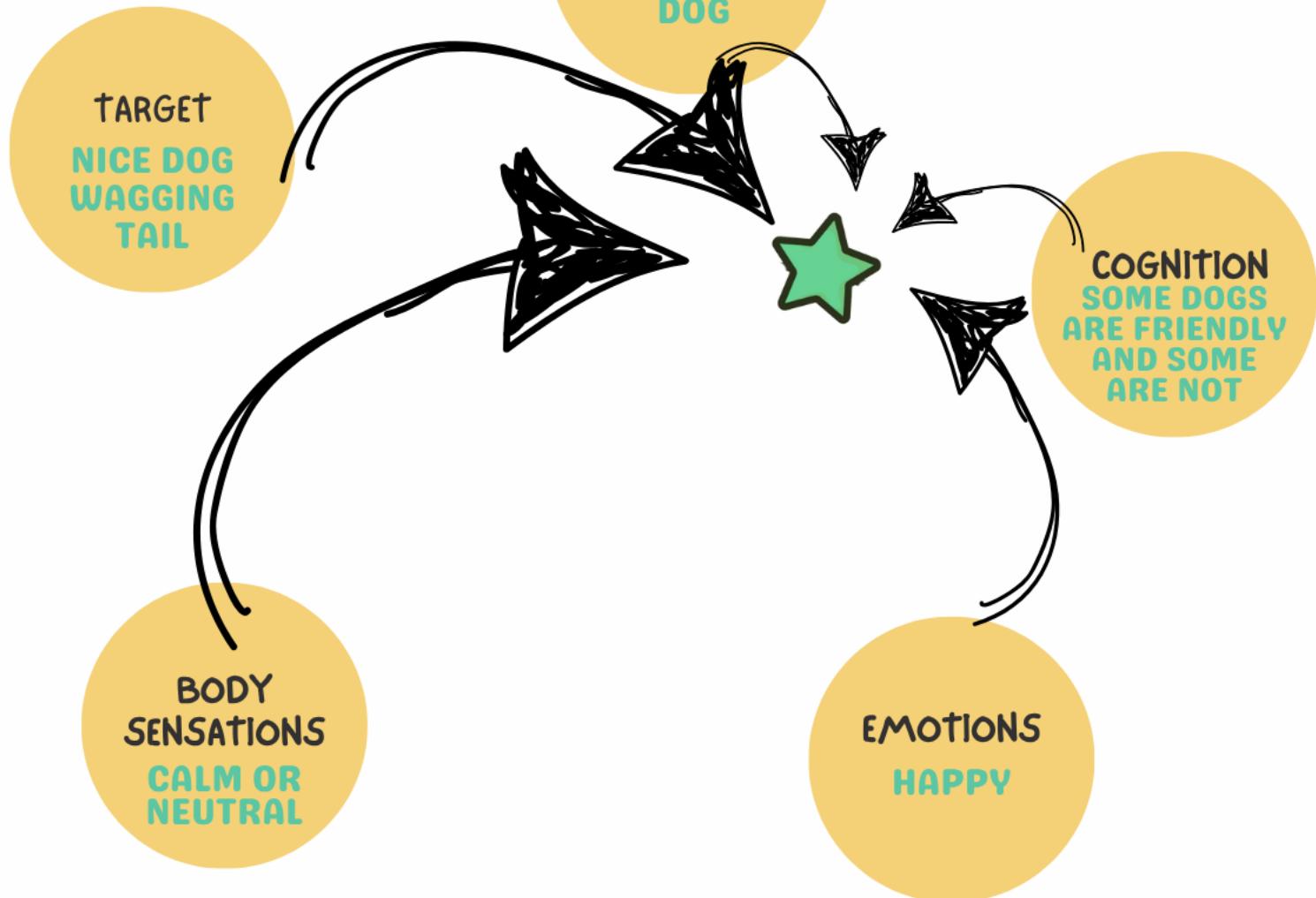
# CASE EXAMPLE



# MALADAPTIVE



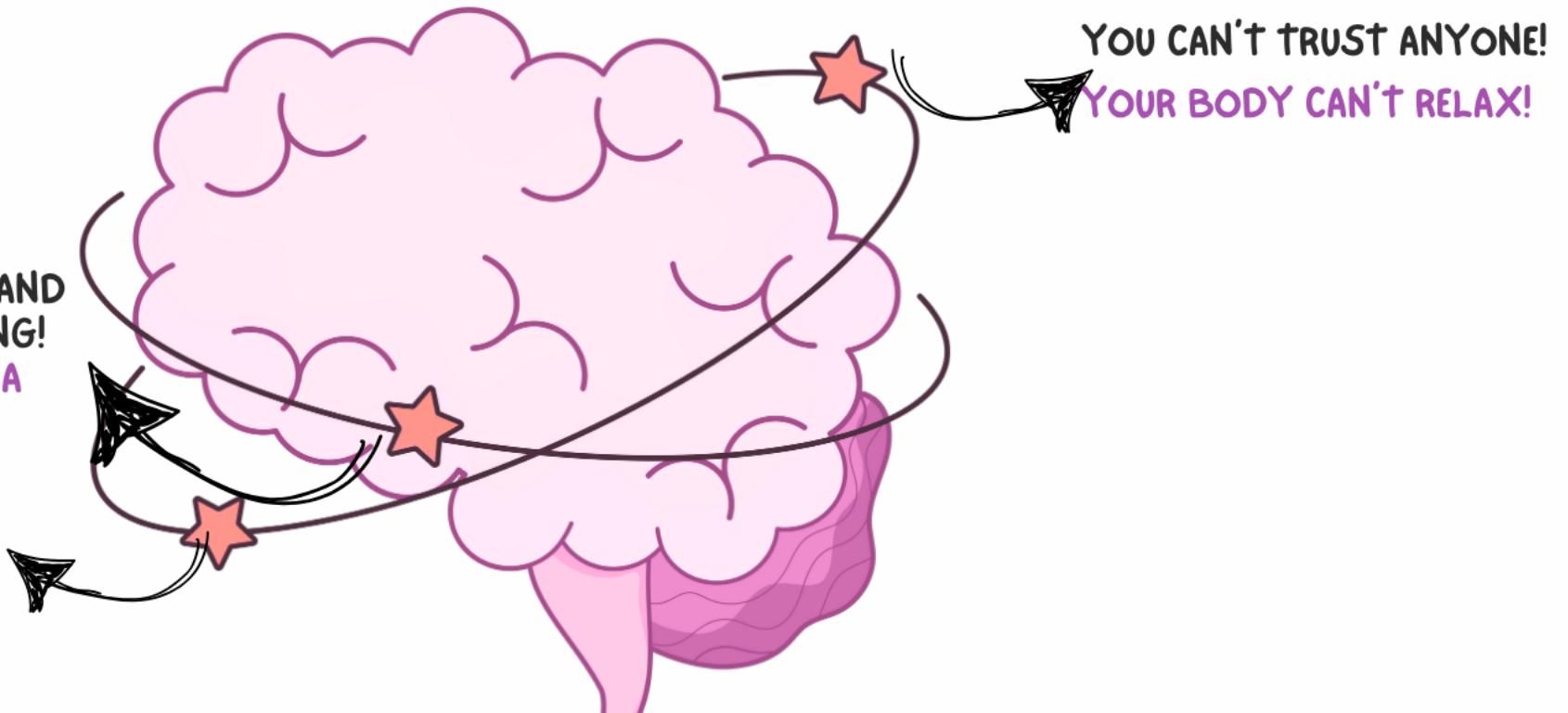
# ADAPTIVE





YOU ARE NOT SMART AND  
CAN'T LEARN ANYTHING!  
YOU ALWAYS HAVE A  
HEADACHE!

YOU'RE A BAD KID & CAN  
NEVER DO ANYTHING RIGHT!  
YOUR STOMACH WILL  
ALWAYS HURT!



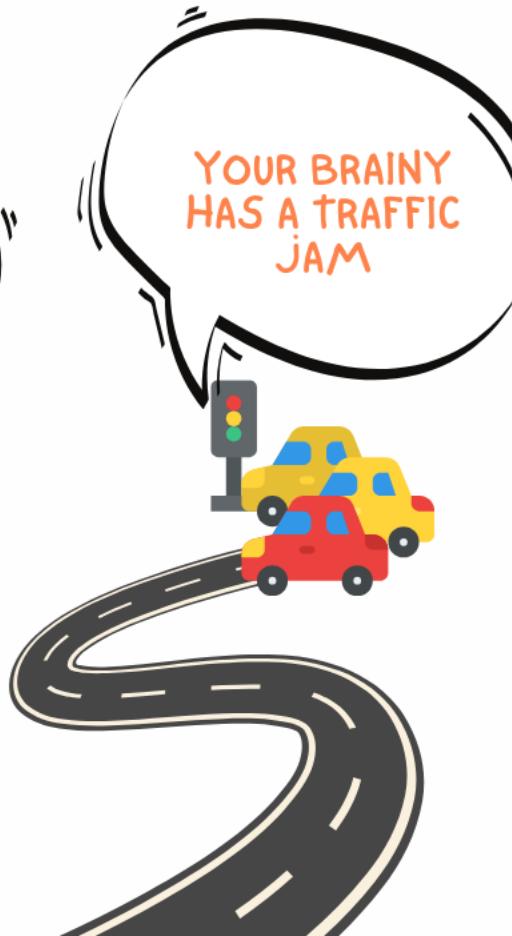
# KID METAPHORS

YOUR BRAINY IS CONSTIPATED

YOUR BRAINY HAS A TRAFFIC JAM

YOUR BRAINY HAS WAY TOO MANY APPS & RAN OUT OF STORAGE

YOUR BRAINY IS READY FOR AN UPGRADE



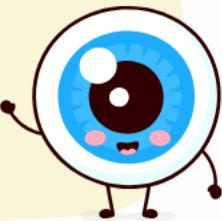
 DOWNLOAD  
 UPLOAD



# PHASE BY PHASE

## PHASE 1: STORY & GOALS

DURING PHASE 1 OF EMDR, YOU SHARE YOUR STORY AND FIGURE OUT PARTS OF YOUR STORY THAT ARE CAUSING PROBLEMS FOR YOU. ONCE YOU FIGURE OUT THE PROBLEMS YOU WOULD LIKE TO WORK ON, YOU WORK WITH YOUR EMDR THERAPIST TO COME UP WITH GOALS TO HELP WITH THOSE PROBLEMS.



DURING PHASE 2, YOU WORK ON BUILDING TRUST WITH YOUR EMDR THERAPIST AND LEARN THE BASICS OF HOW EMDR WORKS. YOU ALSO LEARN NEW SKILLS TO CALM DOWN AND COPE WITH UNCOMFORTABLE FEELINGS AND EMOTIONS THAT MIGHT SHOW UP DURING EMDR

## PHASE 2: GETTING PREPARED



# PHASE BY PHASE

## PHASE 3: ACTIVATING TARGETS

IN PHASE 3, YOU WORK WITH YOUR THERAPIST TO IDENTIFY (1) A TARGET PROBLEM, (2) AN IMAGE THAT COMES TO MIND WHEN YOU THINK OF THE PROBLEM, (3) UNHELPFUL THOUGHTS, (4) HELPFUL THOUGHTS, (5) HOW TRUE THE HELPFUL THOUGHT FEELS, (6) THE EMOTIONS YOU FEEL, (7) HOW STRESSED OUT THIS PROBLEM MAKES YOU FEEL, AND (8) WHERE YOU FEEL THE STRESS IN YOUR BODY.



IN PHASE 4, YOU FOCUS ON THE TARGET PROBLEM WHILE DOING SOME TYPE OF BACK-AND-FORTH MOVEMENT WITH YOUR EMDR THERAPIST. THESE MOVEMENTS CAN INCLUDE MOVING YOUR EYES, TAPPING YOUR HANDS, DRAWING, DANCING, AND MUCH MORE! THE GOAL OF PHASE 4 IS TO HELP YOU MOVE AND SHAKE THE STRESS OF THE TARGET PROBLEM OUT OF YOUR BODY, HEART, AND MIND.

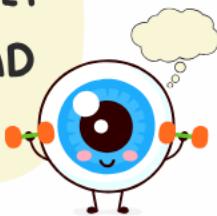
## PHASE 4: DISCHARGING THE STRESS



# PHASE BY PHASE

## PHASE 5: STRENGTHENING THE POSITIVE

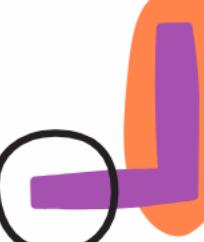
PHASE 5 IS WHERE YOU FOCUS ON STRENGTHENING YOUR POSITIVE AND HEALTHY THOUGHTS SO THAT WHENEVER YOU ARE REMINDED OR THINK ABOUT YOUR TARGET PROBLEM IN THE FUTURE, YOU WON'T FEEL STRESSED OUT. FOR EXAMPLE, INSTEAD OF THINKING, "I'M NOT SAFE," YOU WILL THINK, "I'M SAFE NOW!"



IN PHASE 6, YOU WORK WITH YOUR EMDR THERAPIST TO RELEASE ANY UNHELPFUL MEMORIES THAT ARE STUCK IN YOUR BODY. IF YOU NOTICE ANY UNCOMFORTABLE FEELINGS IN YOUR BODY, YOU WILL LET YOUR EMDR THERAPIST KNOW SO YOU CAN KEEP DOING BACK-AND-FORTH MOVEMENTS TO RELEASE THE STRESS FROM YOUR BODY!



## PHASE 6: INCREASING BODY AWARENESS



# PHASE BY PHASE

## PHASE 7: FINISHING AND ENDING

ALL EMDR SESSIONS FINISH AND END IN THE SAME WAY: BY DOING SOMETHING CALMING OR FUN. YOUR THERAPIST WILL ALSO TALK TO YOU ABOUT WHAT TO EXPECT IN BETWEEN SESSIONS.



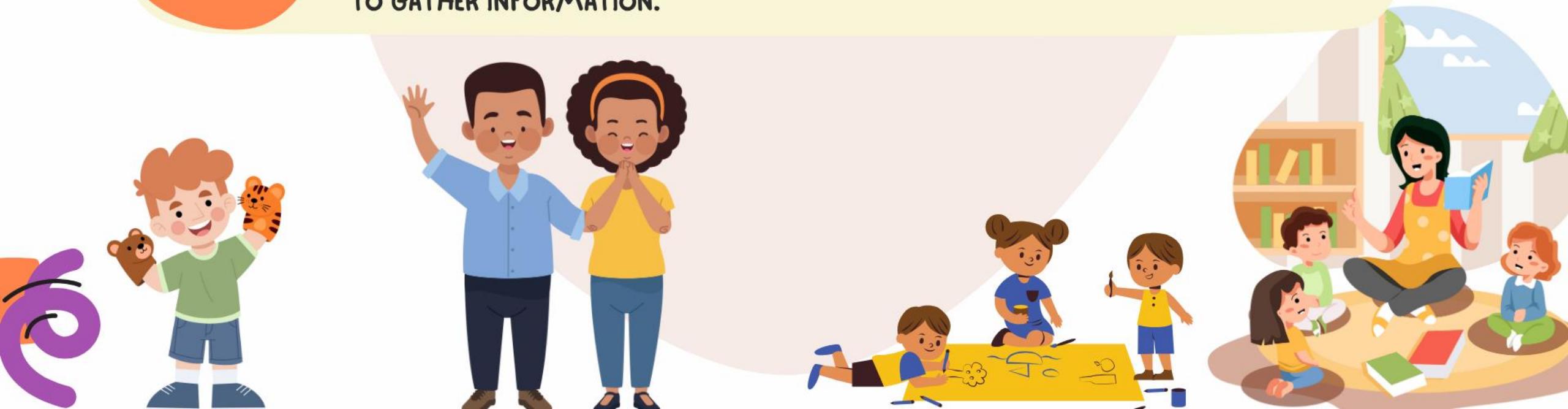
AT THE BEGINNING OF EACH EMDR SESSION, YOUR THERAPIST SEES IF YOUR PROBLEM HAS GOTTEN BETTER OR WORSE SINCE THE LAST SESSION, INCLUDING ANY TRIGGERS THAT MIGHT HAVE COME UP FOR YOU. YOU WILL SEE IF YOUR TARGET PROBLEM HAS BEEN SOLVED OR TALK ABOUT THINGS YOU STILL NEED TO WORK ON.

## PHASE 8: REVIEWING AND REVISING

# ADAPTING FOR KIDS

## PHASE 1: STORY & GOALS

TO HELP CHILDREN SHARE ABOUT THEIR STORIES AND IDENTIFY GOALS IN PHASE ONE, EMDR CHILD THERAPISTS MAY USE A VARIETY OF TECHNIQUES SUCH AS PLAY, ART, BIBLIOTHERAPY & CHECKING IN WITH THE GROWN-UPS IN THE CHILD'S LIFE TO GATHER INFORMATION.



# ADAPTING FOR KIDS

LEARNING A VARIETY OF COPING SKILLS IN PREPARATION FOR EMDR THERAPY IS VERY IMPORTANT SO THAT CHILDREN HAVE TOOLS TO USE IF THEY BECOME OVERWHELMED DURING THE EMDR THERAPY PROCESS. PARENTS, CAREGIVERS AND OTHER PROFESSIONALS ARE VITAL TO HELPING CHILDREN LEARN, PRACTICE AND MASTER COPING SKILLS.

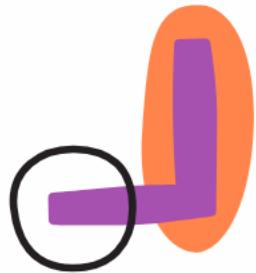
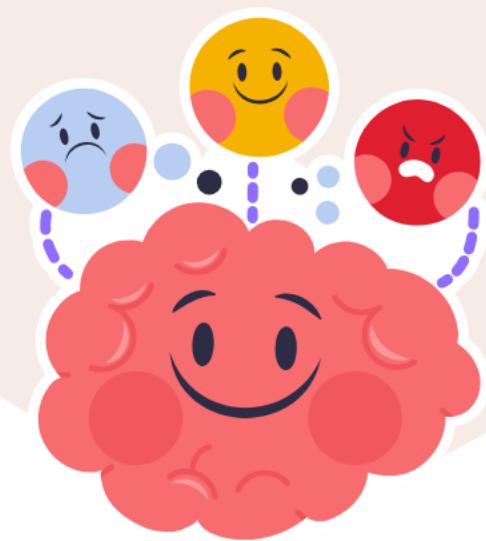
## PHASE 2: GETTING PREPARED

Out of Control

In the zone

Shut Down

inhale  
exhale



# ADAPTING FOR KIDS

PHASES  
3-7

PHASES 3-7 ARE CONSIDERED THE "REPROCESSING" PHASES OF EMDR WHERE CHILDREN ARE ASKED TO FOCUS ON THE TARGET MEMORY OR PROBLEM AND ENGAGE IN BILATERAL STIMULATION TO DESENSITIZE THE PROBLEM AND HELP KIDS FEEL BETTER. EMDR THERAPISTS WILL TYPICALLY ENGAGE CHILDREN IN A VARIETY OF CHILD-FRIENDLY TECHNIQUES DURING THESE PHASES AND SEEK SUPPORT FROM PARENTS & CAREGIVERS TO HELP THEIR CHILD REPROCESS.



# ADAPTING FOR KIDS

PARENTS AND CAREGIVERS ARE VITAL THROUGHOUT ALL OF THE PHASES OF EMDR!  
YOUR PARTNERSHIP IN HELPING TO LEARN YOUR CHILD'S STORY, HELP THEM PREPARE,  
HELP THEM REPROCESS AND THEN OBSERVE HOW THEY DO AFTER A SESSION IS KEY!

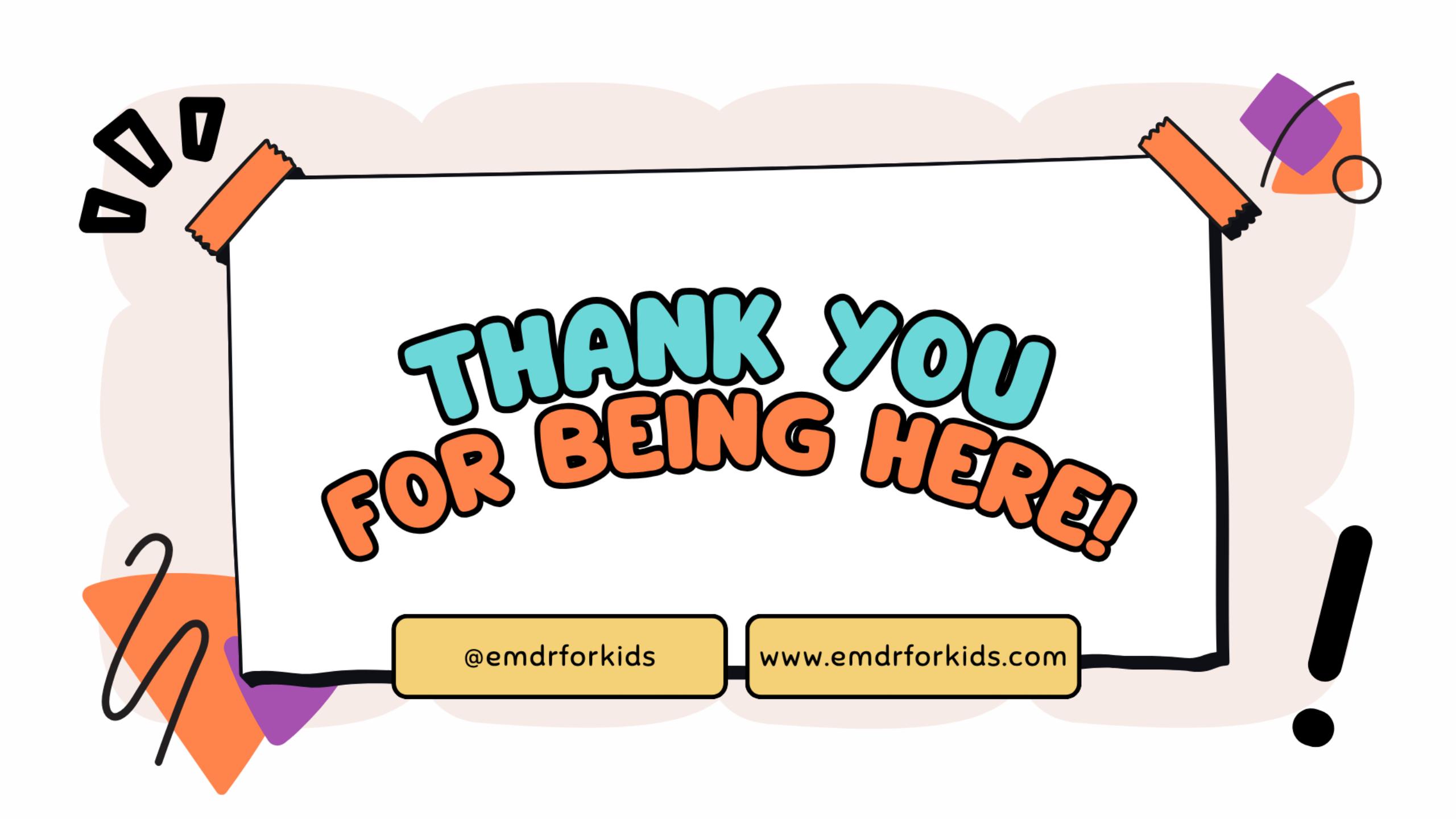


PHASE 8:  
REVIEWING  
AND  
REVISING



# VIDEO SAMPLE





THANK YOU  
FOR BEING HERE!

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# Q & A

# Thanks for joining us!

## WHAT'S NEXT?

- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



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