

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?

**Survey & Certificate of Completion**  
Available following the training.

**Connect With Us!**  [VISIT CALTRIN.ORG & SCAN TO LEARN MORE](http://VISIT CALTRIN.ORG & SCAN TO LEARN MORE) 

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**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 CECB/CalTrin and do not necessarily reflect the views of the California Department of Social Services.

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

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

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

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

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

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## Before We Begin...

DURING		AFTER
	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.	Complete the survey at the end of this webinar to receive your Certificate of Attendance.
	External AI assistants are not allowed in CalTrin trainings due to California privacy laws.	
This presentation is being recorded.	A follow-up email will be sent to all participants within two days.	

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

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



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### 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*

Rady Children's Health is not responsible for the creation of content and any views expressed in its materials and programming.

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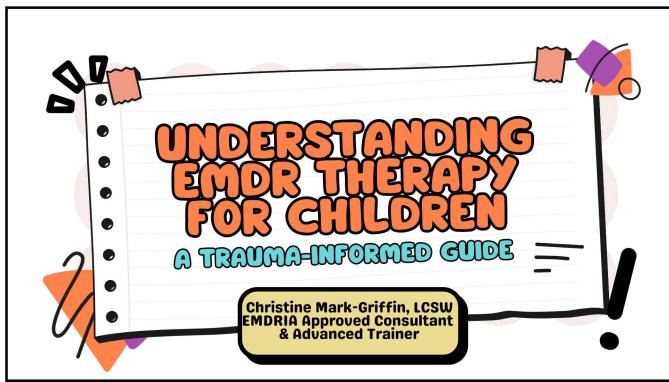
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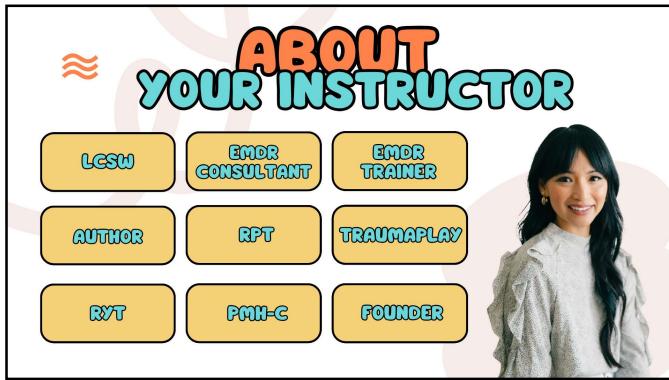
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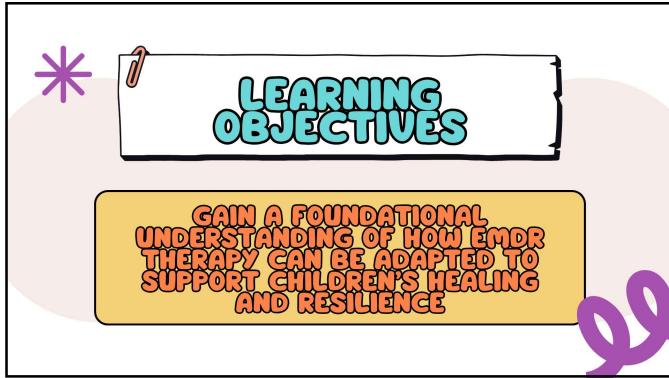
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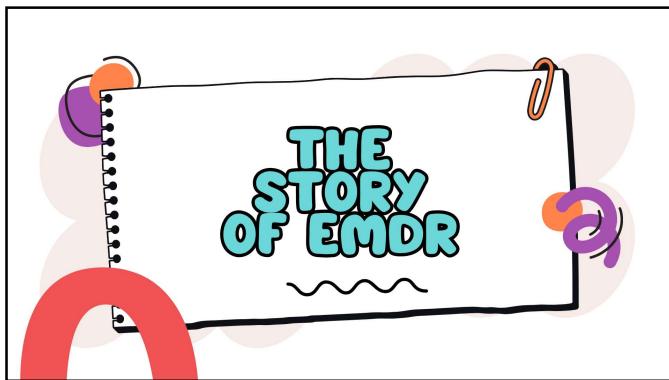
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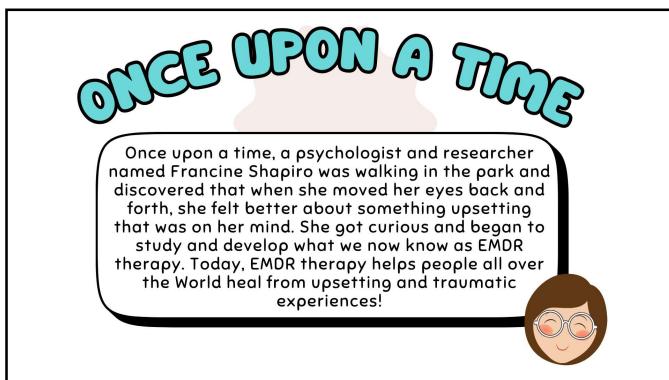
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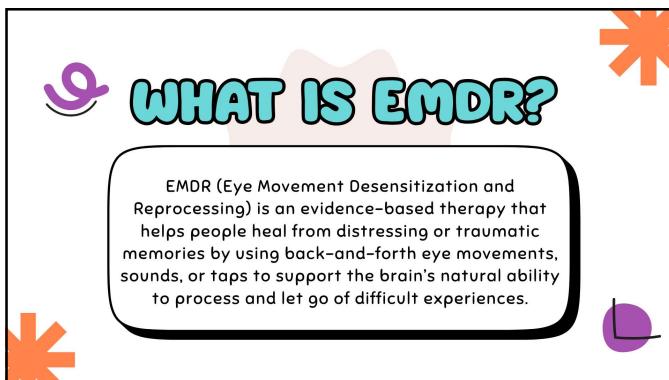
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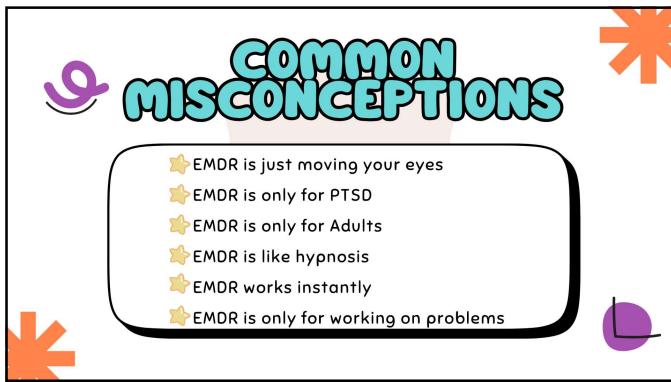
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**TACTILE**

**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...

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**AUDIO**

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**CREATING A  
SAFE, CALM  
PLACE**

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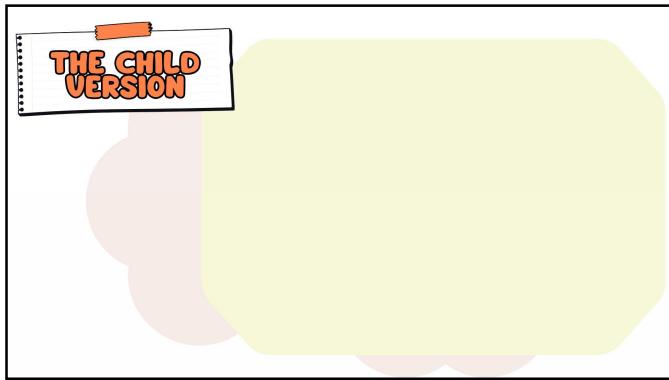


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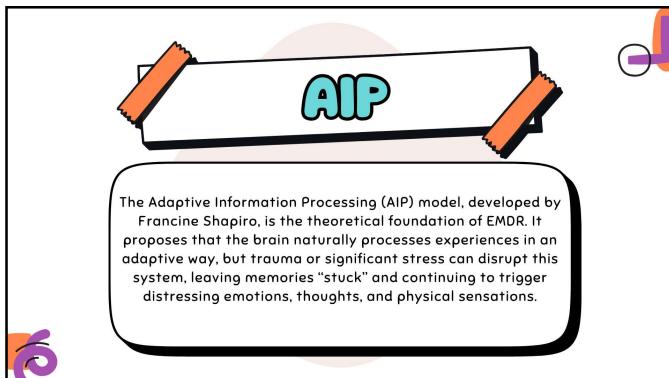
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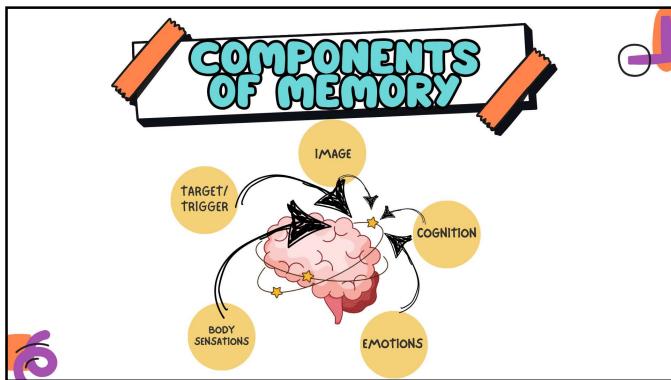
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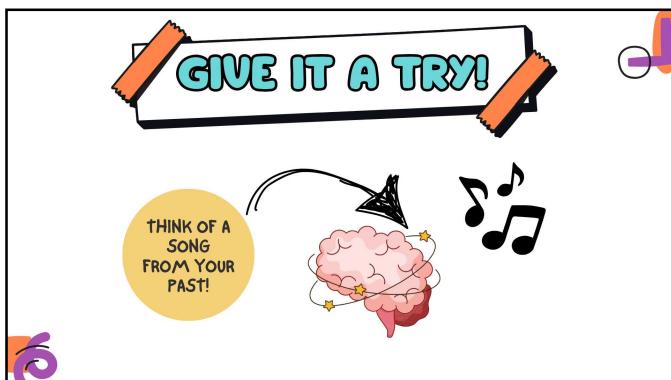
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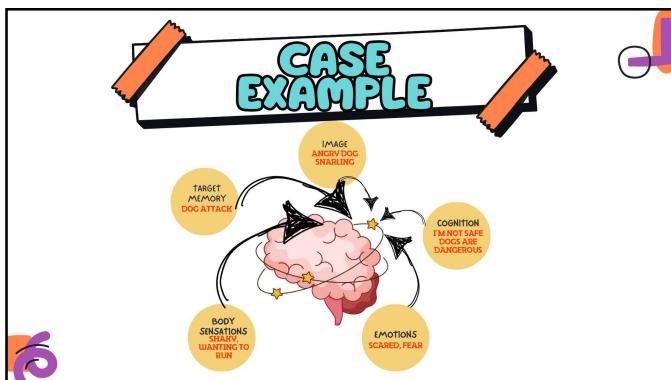
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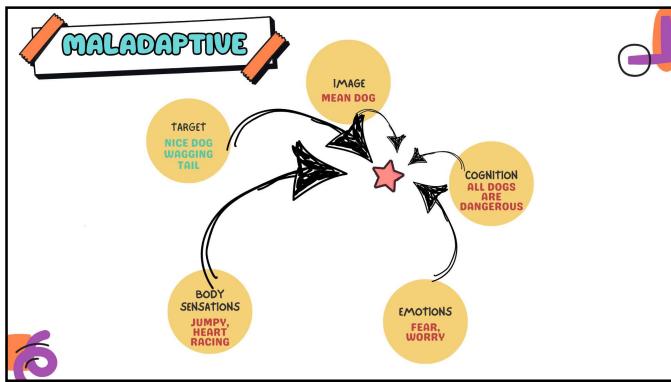
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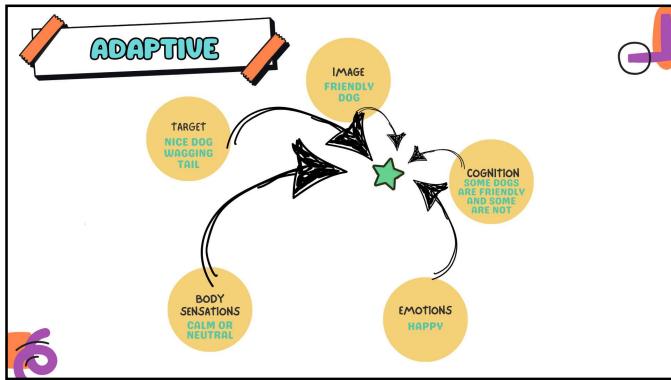
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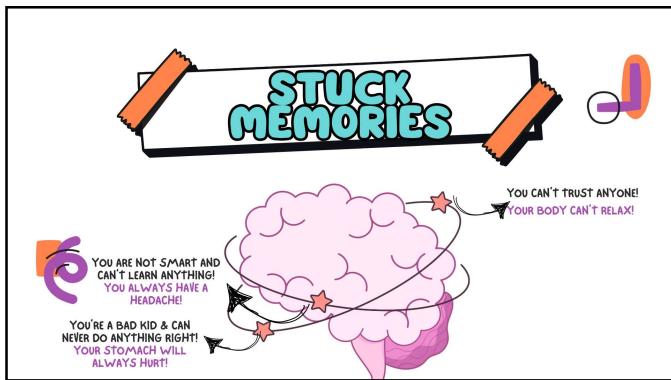
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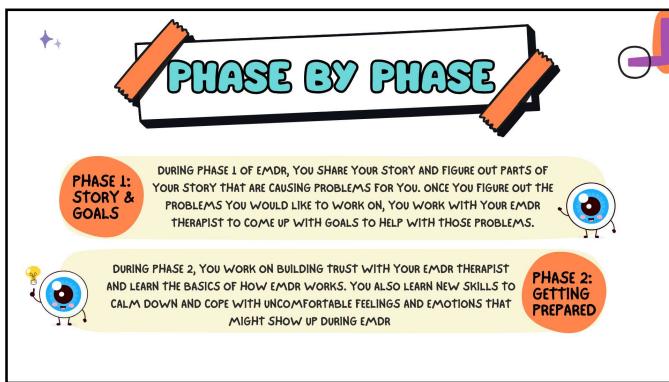
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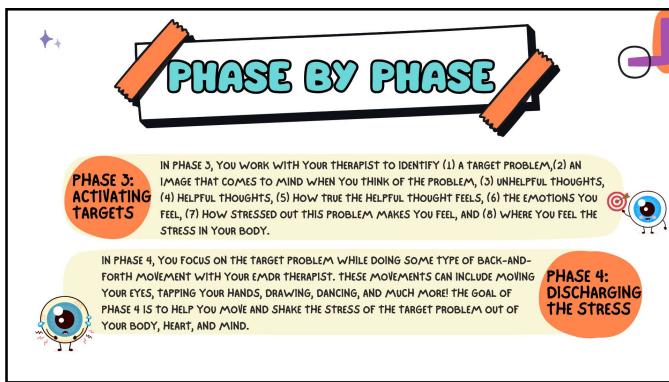
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**PHASE 5: STRENGTHENING THE POSITIVE**

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**

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**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.

**PHASE 8: REVIEWING AND REVISING**

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.

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**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.

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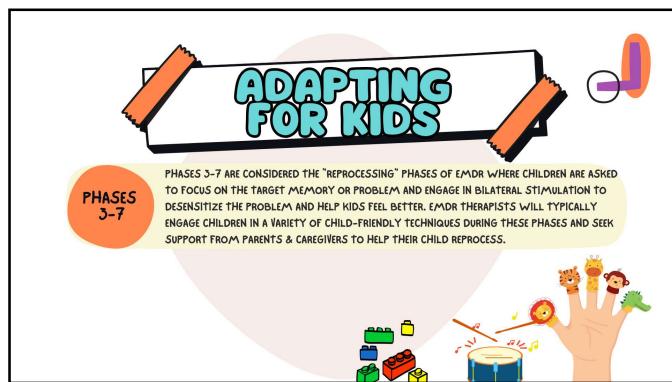
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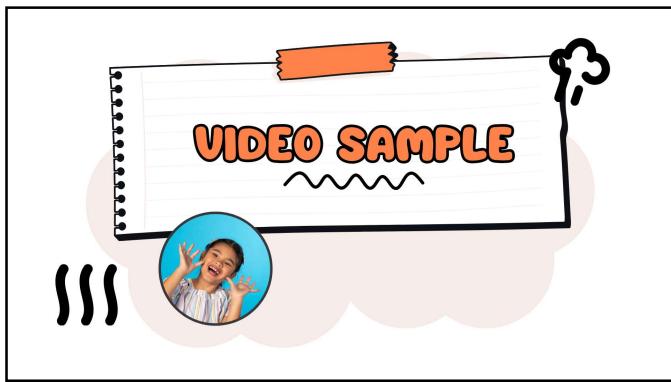
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