




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](https://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 CEBC, 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 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


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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.

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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





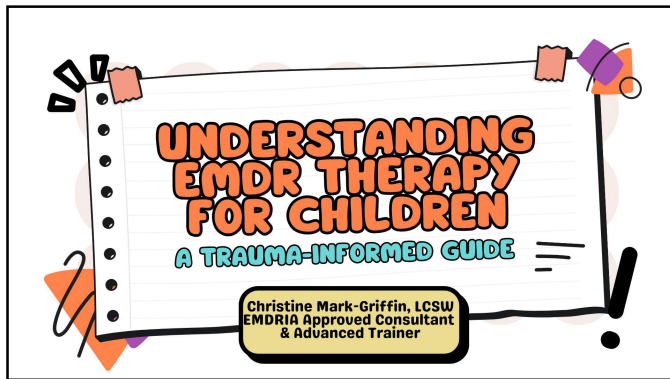
Christine Mark-Griffin

EMDRIA Approved
Consultant & Advanced
Trainer

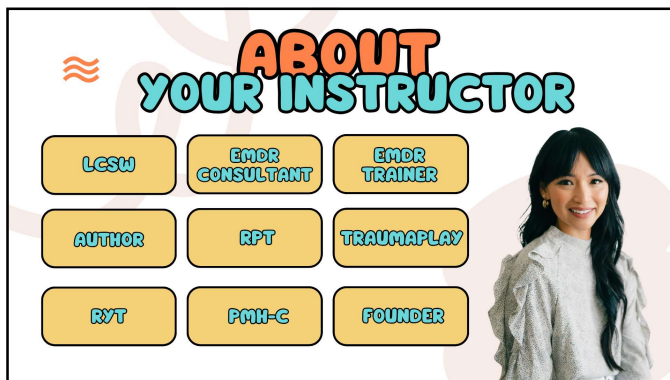
- Internationally acclaimed expert in EMDR therapy for children
- Owner of Spark All Wellness, a private group practice specializing in EMDR, play therapy and trauma-informed yoga therapy with women and children
- Author of the award-winning *EMDR Workbook for Kids*

Ready: Children's Health is not responsible for the creation of content and any claims associated with its materials and practitioners.

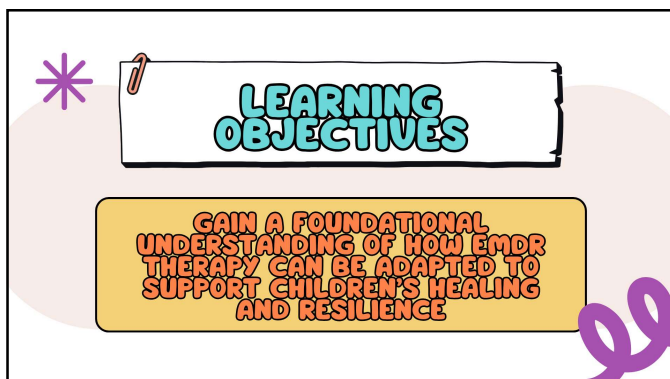
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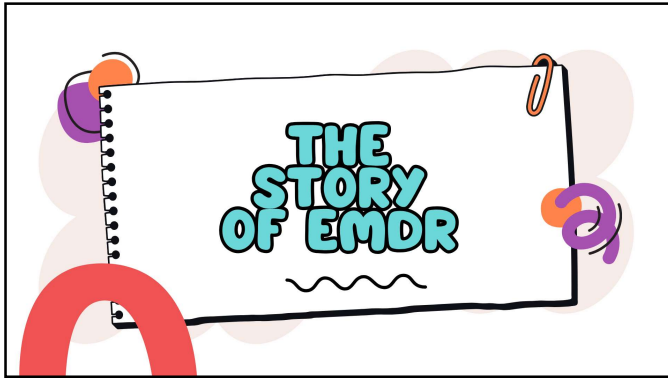
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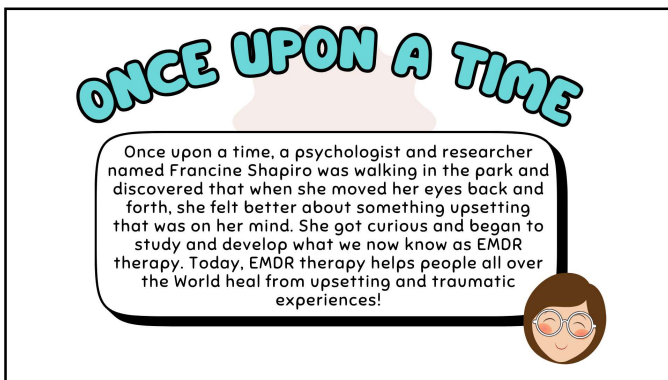
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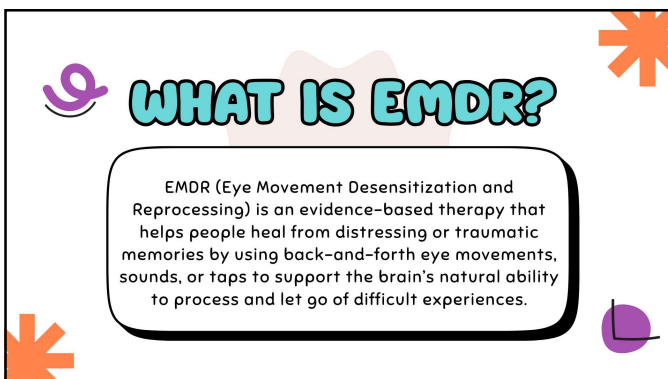
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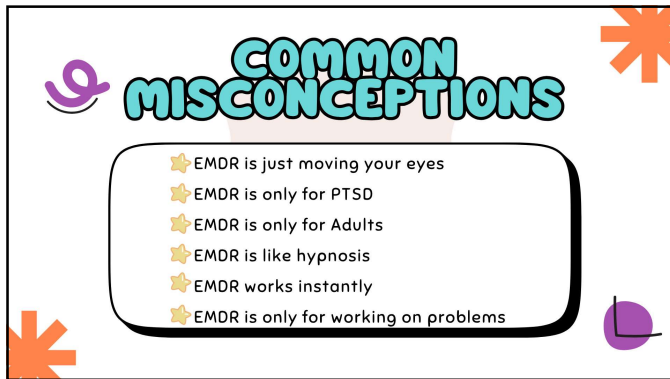
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COMMON MISCONCEPTIONS

- ✦ 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

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LEARNING BACK AND FORTH MOVEMENT


- ✦ Eye Movement
- ✦ Tactile
- ✦ Auditory

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EYE MOVEMENT

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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, right, left...

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AUDIO

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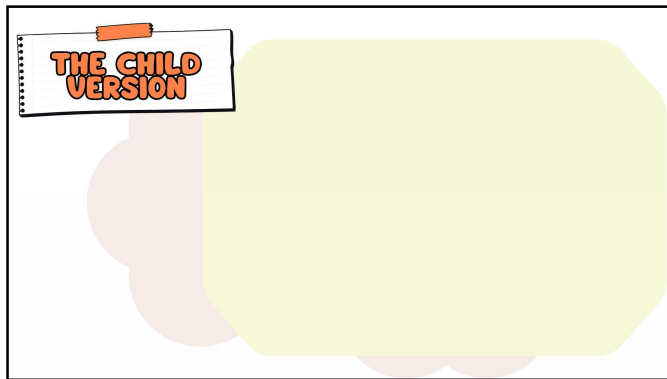


CREATING A SAFE, CALM PLACE





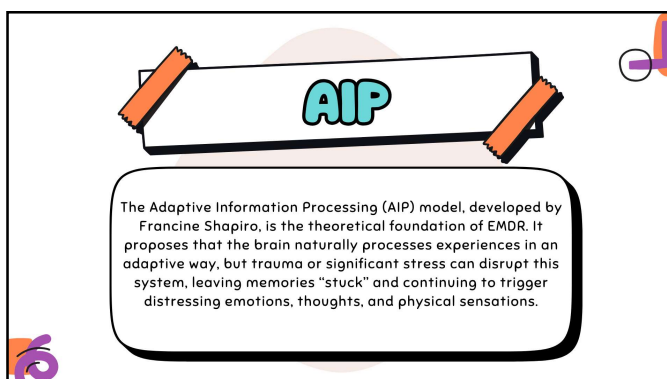

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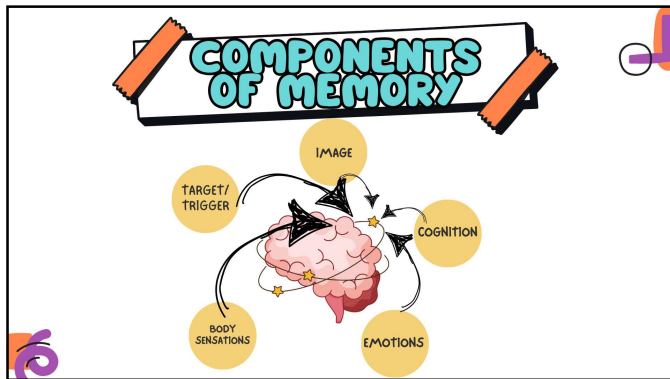
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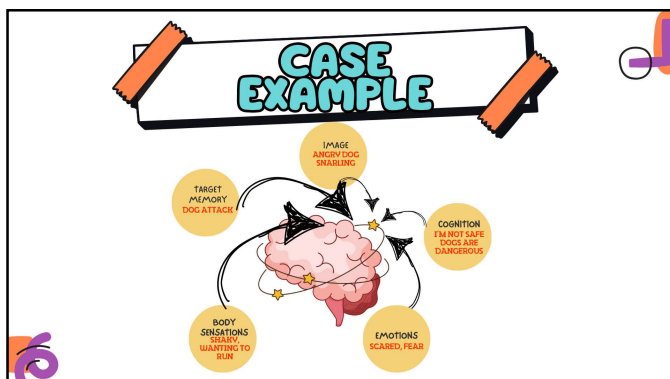
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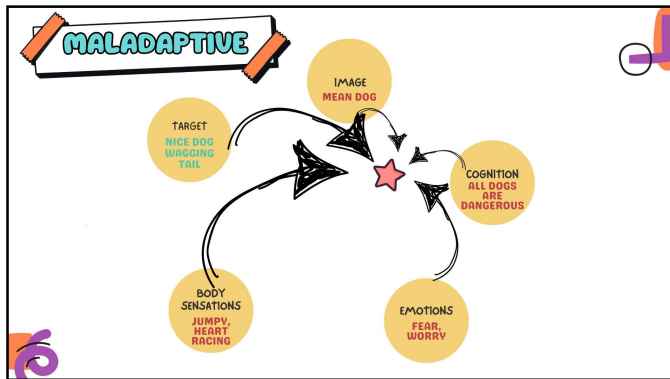
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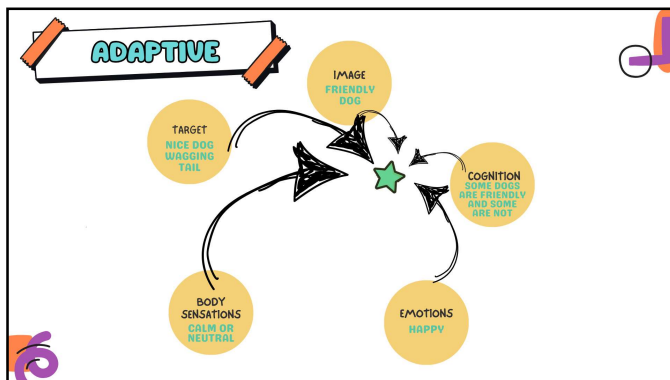
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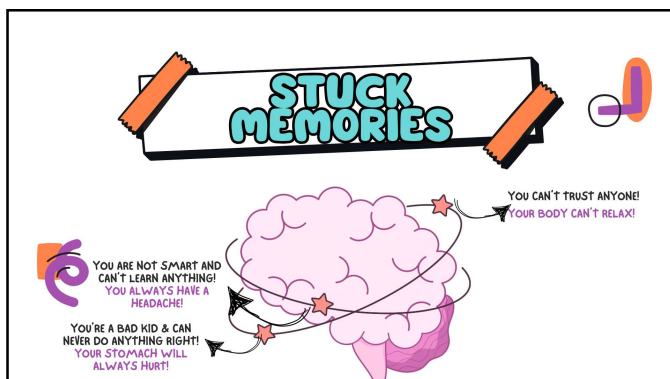
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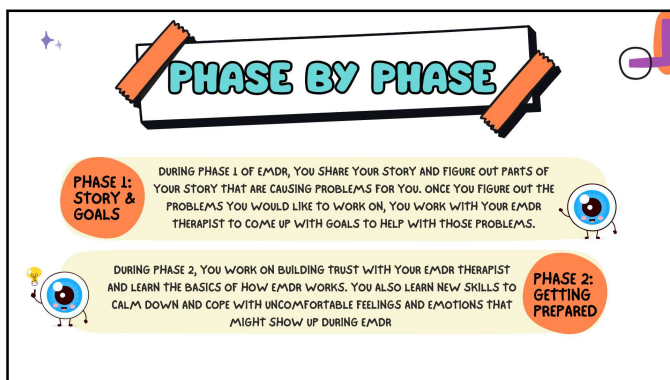
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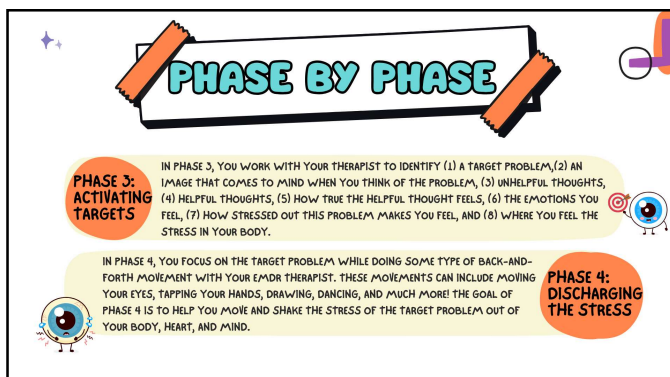
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PHASE BY PHASE

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

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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.

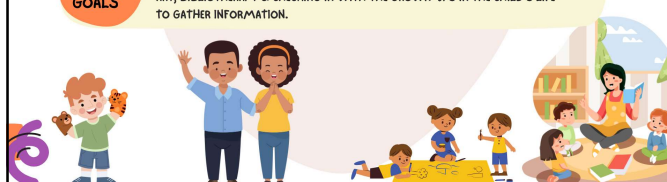
PHASE 8: REVIEWING AND REVISING

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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.



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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.

inhale
exhale

PHASE 2: GETTING PREPARED

Out of Control
In the zone
Shut Down

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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.

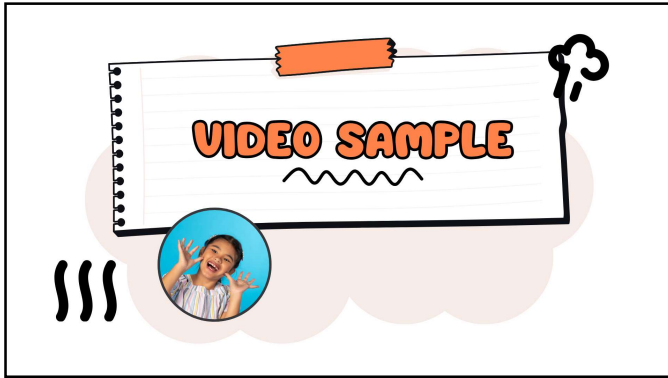
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ADAPTING FOR KIDS

PHASE 8: REVIEWING AND REVISING

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!

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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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