

Introduction to EMDR for Children and adolescents . . . Made Easy Integrating Drawing, and Story Telling with EMDR Distance Learning Program ABSTRACT

The Integration of Drawing, and Story Telling within a complete AIP Centered EMDR Phase 1-8 Intervention, is provided in an on-demand distance learning format as a Practical, Take-Home Learning Approach for EMDR-Therapy. The course covers treatment of a diverse array of pathologies in children and young adults. The program is accompanied by a comprehensive, follow-along workbook.

This workshop provides a complete AIP centered EMDR Phase 1/Phase 8 framework with a focus on how to deliver the 3-pronged EMDR protocol (Phases 3/4/5) with Iterative Reprocessing(Phase 6) and Stability Resourcing (Phase 2), designed specifically for use with children and young adults. Practical and compelling techniques are provided that facilitate rapid reduction of symptoms (such as nightmares, somatic complaints, phobias, and other intrusive symptoms) triggered by loss, trauma, accidents, and other disturbing events.

The method accommodates children's shorter attention span and their willingness to engage in drawing and story telling. The method allows a quick start intervention without requiring knowledge of what triggered their symptoms. A novel drawing strategy is readily deployed and easy for children to adopt. It is used for target identification and desensitization of key negative cognitions in combination with story telling and cognitive discovery. Story is further used in formulating "future templates" in order to develop and enable positive installations.

"Phase 0" is included and is used to augment the EMDR compliant framework. Phase 0 specifically addresses the operational preparation and considerations which enable quality execution in the delivery in the office. The seamless deliver of Phase 3-6 process flow is enabled by pre-planned preparation and set up of some basic resources. The resources are comprised of the office environment and tools that suit this demographic. They are explained, shown and demonstrated including images and video clips to exemplify best practices.

Phase 1, Phase 2, and Phase 3-Phase 6 are specifically attuned to the children and adolescents. "EMDR language" is explained and it is shown how to use it during the "education component" of Phase 1, Client History. The model is decomposed and expressly articulated in such a way that participants will readily see how it can be adapted and streamlined for use with older children. Representative case outcomes are presented using contextual examples taken from a wide ranging set of clinical experiences, all demonstrated with drawings and stories that express the shift and outcomes.

The course is approved for 6 CEU's by both EMDRIA and NASW and is delivered in a readily accessible on-demand, on-line distance learning format on Vimeo.com. A test for CEU accreditation is provided on Classmarker.com.

Find details on the program at <http://www.emdrmadeeasy.org>