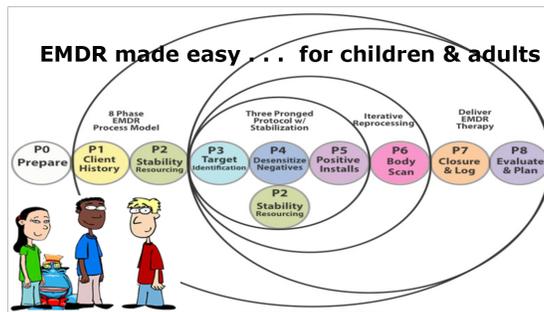


# EMDR EASY – COMPREHENSIVE COURSE SUMMARY



## A – Getting Started (Program Overview) 8 min

First follow the instructions to get your Credentials. Then, watch this clip first. The segment introduces your speaker and an overview of the complete program. This program is a professionally edited version of the Live-Boston University Continuing Education workshop delivered by Sharon Schwartz. The program has been converted to a streaming video distance learning course and the segments have all been mapped into the 8 Phase EMDR AIP model. The course has 6 CEU's from EMDRIA and NASW upon completion of the on-line test and survey.

## B - EMDR Basics (Introduction to EMDR-Therapy) 11 min

The basics of the 8 Phase AIP model are presented from the point of view of both simple and complex trauma (big T, little T's). The approach exposes the steps of accessing a "memory based" critical event, desensitizing the trauma by changing the negative cognition it evokes, and building a positive cognition in its place. The overall framework is presented in an easy to understand way along with the role and purpose of BLS(Bi-Lateral Stimulation). Insight into how to deliver the BLS part while staying attuned to the client offer key guidance on implementation in the office. Clever ways to integrate play, drawing, and storytelling with EMDR to make the fabric of the slaying the dragon protocol seamless.

## C- Target Basics (Phase 3) 21 min

The basic targeting approach used in this protocol is facilitated symbolically. This feature is particularly useful with children who otherwise might have trouble articulating the actual critical event or traumatic experience. In a playful intervention that integrates drawing and storytelling, a metaphorical monster is employed to assist in shifting the negative cognition(s). In this segment, the concepts of simple and complex trauma, central to using the 8 Phase AIP EMDR protocol are reviewed along with the explanation of triggers and how they transition behaviors into symptomatic episodes. The contextual driver, witnessing, an often-overlooked form of trauma memory formation is exposed.

## D - Slaying the monster (Phases 3/4/5/6) 22 min

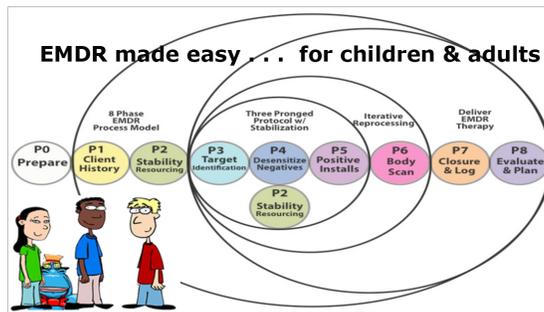
In this segment, the complete protocol is delivered in a scripted and annotated framework that aligns with the workbook. It all begins with PHASE 0 (Preparation). All steps are mapped to the 8 Phase AIP EMDRIA protocol standard. The use of drawing, symbolic target identification, and storytelling are interwoven using a progressive example so that the protocol can be readily learned and applied. An advantage of this teaching approach is that you get to see the complete protocol from end to end in a 20-minute flow. Since each step is broken down and mapped into a color-coded flow that synchronizes with the pages of



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the workbook, you can quickly reprocess the steps and develop fluency with delivery. The key to the success of using this technique is the simplicity and fun you bring to the attunement step with the child. The examples shared here help to make the process real. An array of diverse and enlightening cases is included in the section on case studies. Once you have understood the delivery as taught here, the cases will give you increasing confidence in what you can do with this protocol.

## E - Case Stories (10 Case Study Examples) 38 min

See how the protocol produces real outcomes in these 10 case examples that present the initial trauma, show the symbolic transformation, and share the story with the new positive cognition that the child develops on their own. You will see how the use of BLS during the protocol (various methods including the tap audio scan) is done without fanfare and is accepted by the child as part of the interplay. The cases give you critical insights into places you might otherwise have gotten stuck and the surprising success of the method reinforces one of the age tested principles underlying this intervention: when given the opportunity in a relaxed and playful setting "kids say the darndest things". A clever therapist with this EMDR tool can turn those articulations to the child's advantage and speed their healing to the joy of all, especially the parents.

## F - Monster Demo (Live @ workshop with Adult) 14 min

Since this course was taught to adult therapists that work with children, the demo uses and willing adult. This live demonstration takes a student from the classroom and puts the protocol into play from start to finish. Watch as the subject develops the symbolic image of her trauma, then clears it, all while receiving the BLS from the Tap Audio Scan. The sensitivity to selecting a simple trauma which has a SUDS of 5 is employed to allow you to see something work in this setting. The skill of the therapist is in the selective choice of the traumas to treat and the sequence of the application of this protocol. This one instance is exciting in that it helps you see how the tool provides for warp speed shifts. When you take this protocol to the office, you will develop a bag full of tricks in how to get from the stuck to the unstuck state of mind, critical to the healing of the patient.

## G - Office Setup (Phase 0) 17 min

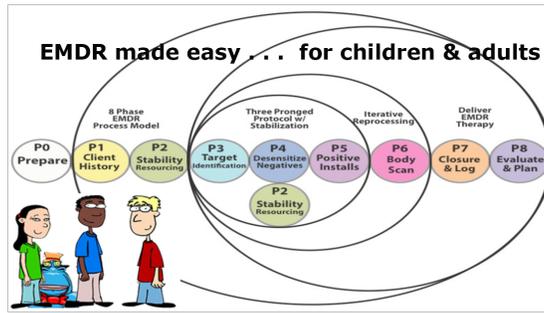
Success is a result of 80% preparation, 5% inspiration, and 15% execution. Preparation is given a phase number "Phase 0" since the AIP protocol uses Phases 1-8. "Phase 0" is comprised of two types of preparation, operational and theoretical. This segment focuses on operational preparation, i.e. the office set up - as in the physical environment and the tools you will need to seamlessly deliver this protocol. In an animated delivery, Sharon shares the tools of the trade and in particular the tools for this protocol. She covers from



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office accessories to drawing items, to BLS methods including tappers as well as a variety of other BLS tools you can use today. She also covers the ways to encourage the child to use the tools, explaining how to employ them for maximum benefit and results.

## H - Client History (Phase 1) 30 min

Taking client history is a critical step in building trust with both the Parent and the Child. The success of any protocol intervention depends on trust and in this segment, Sharon delivers some trade secrets which she has used successfully in her 35 years of practice to get over the threshold needed to effectively deliver EMDR Therapy to her child clients. Techniques explained include when to have the Parent present and how to enable them to leave the room with confidence from both Parent and Child. You will enjoy this practical synopsis of how to get started in the first two sessions, and you will get one or two new ideas tuned directly to the protocol being taught here.

## I - Stability Resourcing (Phase 2) 21 min

Having the trust of the client is the door opener. Keeping their trust is the key to the warp speed outcomes this protocol can provide. Keeping trust is a multi-dimensional concept that takes both understanding and experience to do well. Learn from this gifted therapist some of the many ways to use trust building techniques to keep the client relaxed and energized about the experience and journey they are embarking on with the 8 step AIP intervention. With her acute sensitivity to the child's point of view, listen to Sharon explain some of these methods that have worked and that she uses day in and day out to get children healed and happy.

## J - Target Identification (Phase 3) 12 min

When you get to work, you are working on targets. Targets are a fundamental dimension of EMDR and developing targeting techniques are a critical skill in the delivery of the protocol being taught here. Symbolic abstraction adds a new wrinkle to how this protocol works and allows for progress and shifting of cognitions without having to center on the critical target immediately. As explained in the cases, this is an iterative technique and the progressive approach to the target is a natural and wonderful result of using this method. This segment refers back to the Segment C in Set #1.

## K - Desensitize Negatives (Phase 4) 15 min

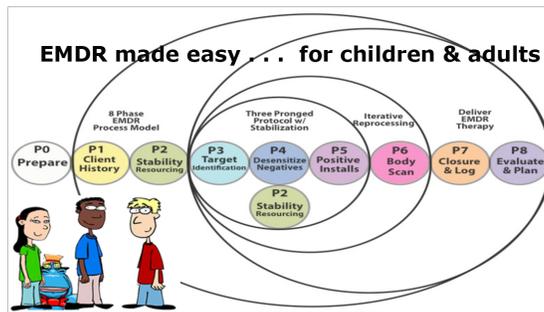
The key to shifting the child client and allowing the sea change in their spirit and beliefs begins with desensitizing the unarticulated negative cognition that the child holds in memories linked to the trauma being treated. In order to "put in the positives" the negatives simply have to be "negated". One of the most important features of EMDR is how readily



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this can be accomplished and, in this segment, the methods to do this are discussed. The notion of desensitization is woven into a variety of the video segments in just the right places so you can develop the sensitivity you need to employ this step to your client's advantage.

## L - Positive Installations (Phase 5) 15 min

When the child is ready, and that is something that is key to pick up on in the interweave, it is time to install the positives. Having a playful method to accomplish this that benefits from the symbolic interplay and yields outcomes with low recidivism is the use of drawing and storytelling in the formation of a new positive cognition to replace the negated old and disabling cognition that the trauma stored. In this segment, the ways to do this are explained so that you can put the approach into practice with confidence.

## M - Body Scans (Phase 6) 5 min

Part of the iterative loop involves identifying the intensity of the emotion that the child associates with the trauma memory. Sometimes it is difficult for a child to express this emotional quotient. When the emotion is connected to the body, it becomes more likely you can get a "reading". In this segment, ways to do this are explained.

## N - Log & Evaluate (Phase 7/8) 10 min

At the end of the day, it's the beginning of a new day for the child benefiting from this therapeutic intervention. The 8 Phase AIP protocol provides a neat and tidy way to tie a bow on the sequence of EMDR repetitions. In this segment, the notion of the iterative loop is revisited and the check points on how to deal with the shift are covered and tied back to how to transition the parent and child into a new mode of family interaction.

## Case Background for Live In-office client session 3 min

This brief case background provides the context for the in-office live session that follows. In the client sessions, you will be able to experience EMDR-Therapy in practice with an 8-year-old, 3rd grade female client.

## Case Background for Live In-office client session 3 min

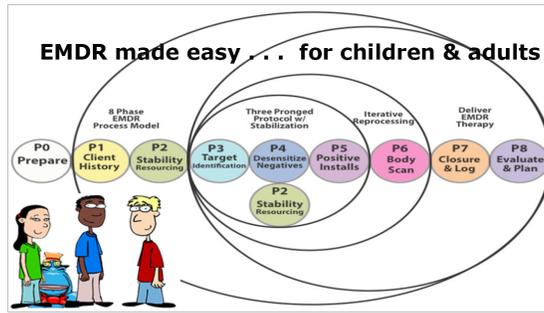
This video clip introduces the in-office live case sessions by providing a brief case history on the child client. Her issues are presented to allow a context for the session clips that follow. Enjoy this short sequence of interventions and see how the little voice of this precious child client changes before your eyes. Observe how her ability to formulate a plan



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with hope and aspirations emerges and the impact this has on her overall cadence in speech, engagement, increasing confidence, and success at school and at home.

## Brief Case-background 3 min

This brief case background introduces the child client whose experience in EMDR-Therapy is shared in a series of in-office visits. As you observe the client in these sessions, be prepared to see her ability to think crisply emerge in the cadence of her speech and her ability to articulate her thoughts, plans, and hopes. EMDR-Therapy using the 2 Square protocol is an efficient and practical therapy approach to use with children and adolescents as you will see in the clips that follow.

Once you have taken the step to implement this protocol, consider revisiting the website [emdrmadeeasy.org](http://emdrmadeeasy.org) and go to the consultation page to explore the opportunity to schedule a one-on-one tune-in/tune-up session with Sharon.

**Visit #1 - Child Client Live Session  35 min**

**Visit #2 - Child Client Live Session  18 min**

**Visit #3 – Child Client Live Session  30 min**

**Visit #4 – Child Client Live Session  30 min**

Each of the following sessions show the progression of this therapy approach with a child client. You will see and hear how the protocol is implemented in a real, live office setting. The intervention starts out with the client in a hesitant and anxious state. The therapist attunement readily delivered in the comfort of a skilled therapist using a powerful tool to heal the client. Stay with the sessions in sequence and see how her little voice changes and observe the nature of her shift and improved sense of well-being. This protocol works and it works well with children of all ages. It is also a very clever tool to use with adults at the right time in the therapy journey.



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