

# Program Workbook

EMDR for children & adolescents . . . *made easy*\*



*\*TP Institute refers to this updated version of the “Monster Protocol” as 2-Square™ EMDR Protocol V(M)*

# Foreword

## Please read pp 2-5 of the workbook first:

This PDF copy of the workbook is the only written material and it covers the entire streaming video program. .

There are two Sets of Video Segments (**Set 1**/Segments A-F & **Set 2**/ Segments G-L)

All Segments have an Alphabetical Reference letter and a corresponding Vimeo Clip #

Use these identifiers to synchronize your viewing of the video content with this workbook

The content presented is based on a live presentation by Sharon Schwartz at the Boston University School of Social Work-Continuing Education Program. The streaming videos and associated course material were delivered and recorded at a day long, CEU accredited, Boston University School of Continuing Social Work Education workshop entitled “Innovative and Playful Treatment Techniques with Children and Their Families: A Symptom Reduction Approach”. The video content covers the entire live BU edition of the workshop and incorporates live client sessions in place of the on-site, “one-on-one” attendee practice session. The workshop teaches EMDR to attendees using what “2 Square Protocol” (based on Slaying the Monster/Dragon) and delivers the 8 complete Phase AIP EMDR model. This protocol was approved for CEUs at two EMDRIA conferences prior to the delivery and recording of this BU version.

All clinicians will find the program enlightening, practical, and useful, whether you are a:

- Basic (or partially) trained EMDR therapist seeking a proven EMDR method to use with children & adolescents.
- Fully trained EMDR therapists seeking to learn a proven EMDR method to add to their EMDR repertoire.
- Licensed therapist, but without formal EMDR training, interested in learning more about EMDR and how a specific EMDR approved protocol, designed for children and adolescents, can be quickly learned and put to use.

One objective is to present a simple and easy to use protocol for children using the 8 Phase AIP EMDR model. It is another objective to make the protocol easy to follow with a workbook that has the steps color coded in a guided flow synchronized to the videos, so you can understand and become fluid in the application in your own sessions.

As you will see, it’s not only what Sharon says, but how she says it. The presentation and case examples have insightful anecdotes and stories that accompany the theory. The course is for anyone seeking to develop and add a useful protocol to their EMDR “tool-kit”. The target age group treated here is from 5-19. The age group has been extended to adults as well, with foundational training material a continued focus of Sharon Schwartz’s on-site workshops.

This workbook is indexed by segment, is easy to follow, and provides ample room for your own notes. As you follow the video segments along with the workbook, you will find video segment D (the protocol steps) to be key to your learning experience. As you play the video clips, follow in the workbook, and pause to take notes. You will be able to readily learn the protocol from top to bottom and put it to immediate use.

Many of the video clips have in-line captions. Each segment is listed alphabetically beginning with Segment A: “Getting Started”. The workshop material continues with “Segment B (Vimeo Clip #1) – EMDR Basics, etc.

Since this is a live performance, there is audience movement and noise from time to time. To minimize distractions, it is suggested that when the captions on a screen change, pause the streaming video clip and read the captions first. Then roll the video and continue to listen to the live voice portion.

When you rent or buy this distance learning, on-line program you gain access to all of the video content on VIMEO. You may first want to view all the material in order, from end to end. Then, when you are ready to review, jump to key sections most useful to you. Remember to pause the streaming video at any time to ensure you stay in synch with the workbook.

When you combine the workbook, live streaming videos, and the accompanying process diagrams as part of your learning experience, you will develop confidence and flexibility in how to deliver this EMDR-Therapy approach. The test on CLASSMARKER is designed to increase your retention. The questions follow the order of the phases to make it easier to take and pass the test. If you are qualifying for CEU’s, the CEU certificate is automatically delivered when you pass with an 80% grade. Once skilled in this protocol, you will quickly perfect your intuition on when and how to use it. Continued success, as you put “2-Square” to use. Expect to improve with each use as you speed client healing and achieve improved client outcomes.

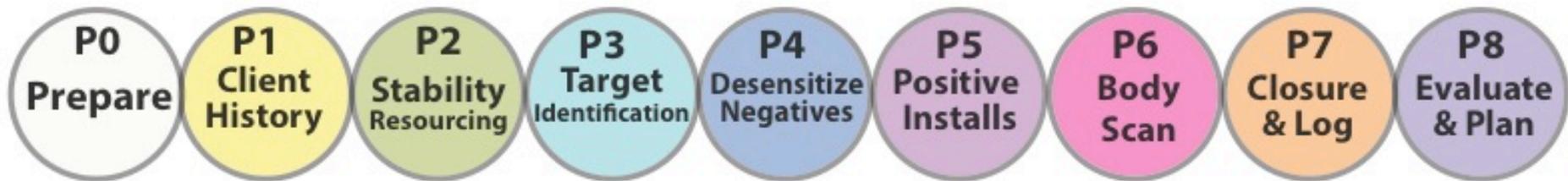
As with any EMDR protocol, even one as basic as 2-Square, the steps may appear “complex” at first. Fortunately, EMDRIA specifies a comprehensive 8 Phase model for EMDR. This workbook incorporates color coded icons and is indexed using EMDRIA’s 8 Phase model. The color coded icons serve as your “GPS system” so you can follow where you came from, where you are, and where you are going in your creative application of 2-Square.

Phases 3-6 are the core, often referred to as the “multi-pronged” portion, of the protocol. As presented here, Phases 3-6 work to identify and resolve the “big bad feeling” the client is stuck with.

We have added a “**Phase 0**” to cover **Preparation**. In Phase 0, we explain the set-up of the office environment as well as the selection and set up of the tools needed to deliver this protocol.

- >Video Segments A-F formally takes you through the protocol, including case outcomes and a live demo.
- >Video Segments G-N dive into the phases in more detail and include 40 minutes with 10 case examples.
- >Listen to the live sessions with a child client, to see how the protocol is delivered.

**To make “EMDR for Children and Adolescents . . . made easy” simpler, within any segment, the EMDR material is indexed by phase name/number and color coded using the colors and nomenclature below.**



# AIP Model: EMDR / “Typical”

The “loops” accentuate how the work flows when EMDR is put into practice in day-to-day use, as taught in the videos.

**Note:**  
“P0” is added to explain “office set-up” for the EMDR intervention

