

What is EMDR For Kids?

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EMDR (Eye Movement Desensitization and Reprocessing) is a research-supported therapy and one of the top trauma treatments recommended by the World Health Organization. It helps children work through difficult experiences in a way that supports their mind, body, and heart.

What makes EMDR Different?

What makes EMDR different is something called bilateral stimulation—this might be eye movements, tapping, or sounds that go back and forth. While your child focuses gently on a memory, the back-and-forth movement helps the brain do its healing work.

What can EMDR help kids with?

EMDR therapy supports kids in working through both Big T and Little T traumas—those big, life-changing events and the smaller, everyday experiences that still leave a mark. It can help with:

- ✿ Traumatic events (like accidents, abuse, or witnessing scary situations)
- ✿ Nightmares, night terrors, or trouble sleeping
- ✿ Anxiety, panic, or chronic worry
- ✿ Grief, loss, or big changes (like divorce or a move)
- ✿ Bullying, low self-esteem, or social struggles
- ✿ Stress after natural disasters or medical procedures

No matter if the pain is old or new, EMDR can help kids through! With gentle care and playful cheer, EMDR helps big feelings disappear!



For more information and resources go here!