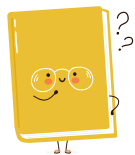


Parent Version of 8 Phases



Phase 1: My Story & Goals



During phase one of EMDR therapy, you and your child will share your story with an EMDR therapist to figure out what parts of the story that are causing problems for your child. Once your child figures out the problems they would like to work on, you will all work with your EMDR therapist to come up with goals to help with those problems.

Phase 2: Getting Prepared



During phase two, you & your child will work on building trust with an EMDR therapist and learn about the basics of how EMDR therapy works. You can help further explain EMDR to your child and help them practice new skills to calm down and cope to prepare for the uncomfortable feelings and emotions that might show up during EMDR therapy.

Phase 3: Activating Targets



In phase three of EMDR therapy, your child's EMDR therapist will help them identify 1) a target problem, 2) an image, 3) unhealthy thought, 4) healthy thought, 5) How true does the healthy thought feel? 6) Emotions and feelings, 7) How stressed this problem makes you feel and 8) Where do you feel the stress in your body?

Phase 4: Discharging the Stress



In phase four, you will focus on the target problem while doing some type of back and forth movement with their EMDR therapist. Back and forth movement can include moving your eyes, tapping your hands, drawing, dancing and much more! The goal of phase four is to help your move and shake the stress of the target problem out of their body, heart and mind. As a grown-up, you may be asked to join the session.

Phase 5: Strengthening the Positive



Phase five is where your child will focus on making their positive and healthy thoughts strong so that in the future when they are reminded or think about their target problem they will not feel as stressed out. For example, instead of thinking "I'm not safe," your child will think "I'm safe now!"

Phase 6: Increasing Body Awareness



In phase six, your child's EMDR therapist will help them check on how their body feels to see if it matches the positive and healthy thoughts they worked on strengthening in phase five. Your child will let their EMDR therapist know if there are any uncomfortable body sensations so that they can keep doing back and forth movement to discharge the stress from their body!

Phase 7: Finishing & Ending



Your child's EMDR therapist will help your child wrap up at the end of each EMDR session to help your child feel grounded and regulated just in case they felt uncomfortable and activated while working on their problem. Your EMDR therapist will also talk to you or your child about what to expect after an EMDR session.

Phase 8: Reviewing and Revising



At the beginning of each EMDR therapy session, your child's EMDR therapist will review how things have been since the last session. You or your child can share about things that have gotten better or worse since the last session. Your child's EMDR therapist may also discuss revising and updating goals as needed.