

EMDR FOR KIDS

MYTHS VS. FACTS

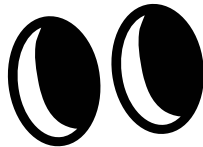
MYTH



EMDR is only for significant trauma



Kids must talk a lot



EMDR is just eye movements

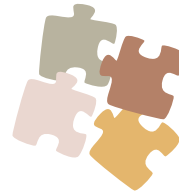


EMDR replaces other forms of therapy

FACT



EMDR is effective for everyday stress too!



There are play-based and nonverbal options!



EMDR uses all sorts of bilateral stimulation!



EMDR is used alongside other therapies with kids still learning many valuable tools!

