



8 PHASES OF EMDR WITH CHILDREN & ADOLESCENTS: INTEGRATING PLAY THERAPY TECHNIQUES SUPPORT WORKBOOK



EMDRIA DEFINITION
FIDELITY CHECKLIST

CREATED BY JACKIE FLYNN
EMDRIA APPROVED CONSULTANT



Dear Child Therapist,

This workbook is designed to support your EMDR Therapy work with children and teens. In the following pages, you will find a checklist to support your work with each phase of EMDR Therapy. EMDR therapy is to be performed by EMDR trained professionals only.

I created this fidelity checklist as a training aid to assist you in my 8 Phases of EMDR Therapy with Children and Adolescents: Integrating Play Therapy Techniques advanced training in providing quality EMDR Therapy for your clients in accordance with EMDRIA's Definition of EMDR. Please visit www.emdria.org for the original source of this definition in it's complete form.



Jackie Flynn

EMDRIA Approved Consultant



Phase 1: History Taking

- ☐ Use professional judgement to determine if EMDR suitable for your client. Determine if it is good timing for therapy.
- ☐ Explore potential targets from negative events.
- ☐ Prepare a treatment plan to include past, present, & future issues. Identify positive & adaptive aspects of the client's life. Assess if the
- ☐ client has adequate affect regulation skills & resources to remain stable.
- Explore any secondary gain issues.
- ☐



Phase 2: Preparation

- ☐ Discuss the framework of EMDR for informed consent with parent (and client if appropriate).
- ☐ Ensure the therapeutic relationship is sufficient for client's emotional safety.
- ☐ Assess and support the clients ability to engage in self-soothing and affect regulation.
- ☐ Assess and support adequate adaptive resources.
- ☐ Assess and support adequate affect regulation skills for development of positive and adaptive memory networks to expand the client's window of tolerance and development of capacity for relationship.



Phase 3: Assessment

- ☐ Identify the components of the target/ issue and establish a baseline response.
- ☐ Ensure the therapeutic relationship is sufficient for client's emotional safety.
- ☐ Assess and support the client's ability to engage in self-soothing and affect regulation.
- ☐ Assess and support the client's presence of adaptive resources.
- ☐ Assess and support the client's affect regulation skills for development of positive and adaptive memory networks to expand their window of tolerance and development of capacity for relationships.



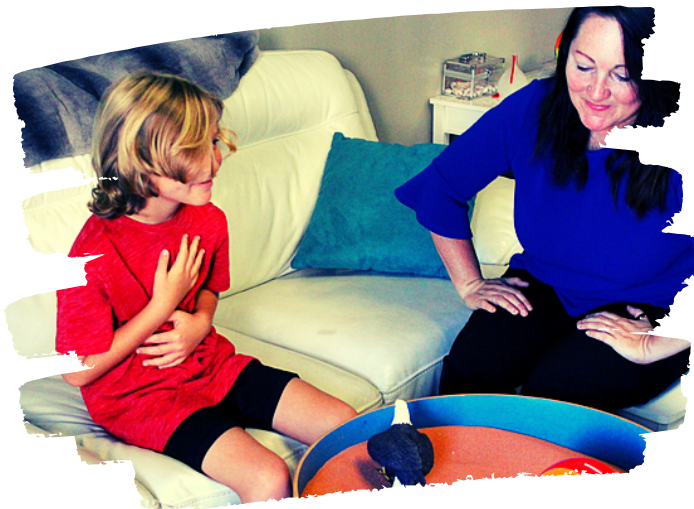
Phase 4: Desensitization

- ☐ Activate the memory/issue.
- ☐ Ask the client to notice his/her experiences while alternating bilateral stimulation.
- ☐ Instruct the client to report observations - new insights, associations, information, and emotional, sensory, somatic or behavioral shifts.
- ☐ Use specific procedures and interweaves if processing is blocked. (only when needed, don't overuse cognitions).
- ☐ Continue until the SUD level is reduced to 0 (or an ecologically valid rating).
- ☐ Assist the individual in maintaining an appropriate level of arousal and affect tolerance.



Phase 5: Installation

- ☐ Check for a potential new positive belief related to the target memory.
- ☐ Support the client in selecting a new belief or accessing the previously established positive cognition.
- ☐ Direct the client to hold the positive cognition in mind, along with the target memory (not the original target image), and to rate the selected positive belief on the VOC scale of 1 to 7.



Phase 6: Body Scan

- ☐ Direct the client to think of the target event and the positive belief (cognition) at the same time, then scan their body for any tight, tense, or any unusual sensation.

- ☐ If the client reports a body sensation, continue BLS (bilateral stimulation) until the client reports only neutral or positive sensations.



Phase 7: Closure

- ☐ Use techniques to orient the client fully to the present and facilitate stability at the completion of the session and between sessions.
- ☐ Inform the client that processing may continue after the session.
- ☐ Provide instructions for maintaining stability and ask the client to observe and log significant observations or new symptoms.



Phase 8: Re-evaluation

- ☐ Utilizing the EMDR standard three-pronged protocol, assess the effects of previous reprocessing of targets looking for and targeting residual disturbance.
- ☐ Look for new material that may have emerged, current triggers, anticipated future challenges, and systemic issues.
- ☐ If any residual or new targets are present, repeat Phases 3-8.



Important **THINGS**

TO REMEMBER

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