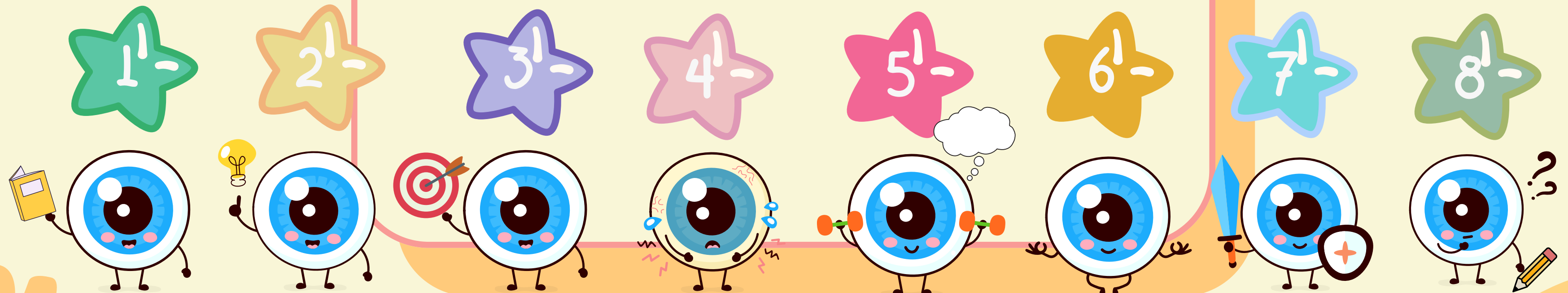


EMDR FOR KIDS

Adapting the 8 Phases of EMDR
for Children

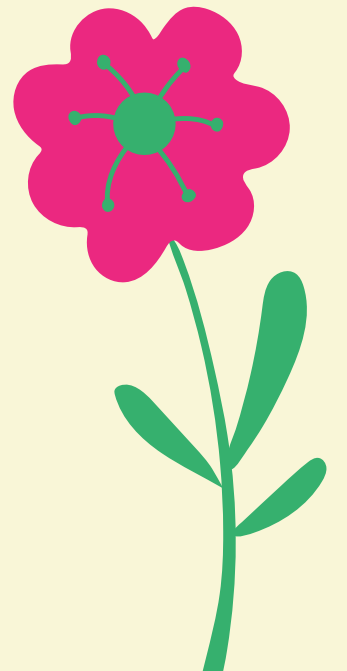
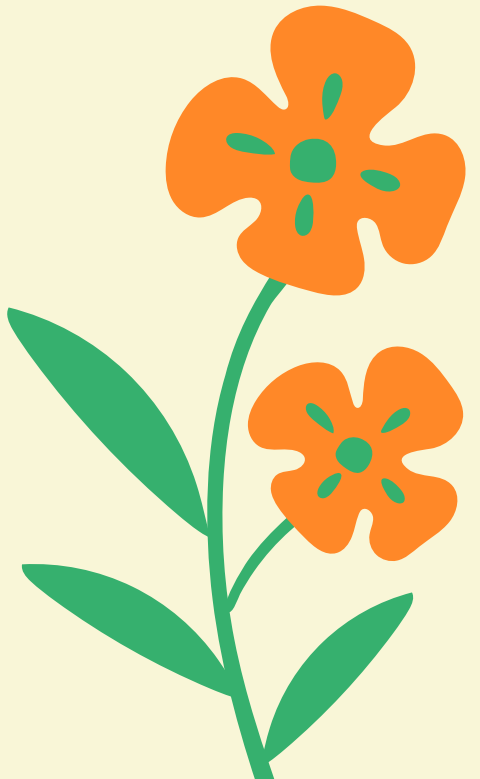


Presented By:
Christine Mark-Griffin, LCSW (she/her)
EMDRIA Approved Consultant & Advanced Trainer



DISCLAIMER

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.



ABOUT CHRISTINE



Christine Mark-Griffin LCSW
(she/her)

CHRISTINE MARK-GRIFFIN IS A LICENSED CLINICAL SOCIAL WORKER, EMDRIA-APPROVED CONSULTANT AND ADVANCED TRAINER.

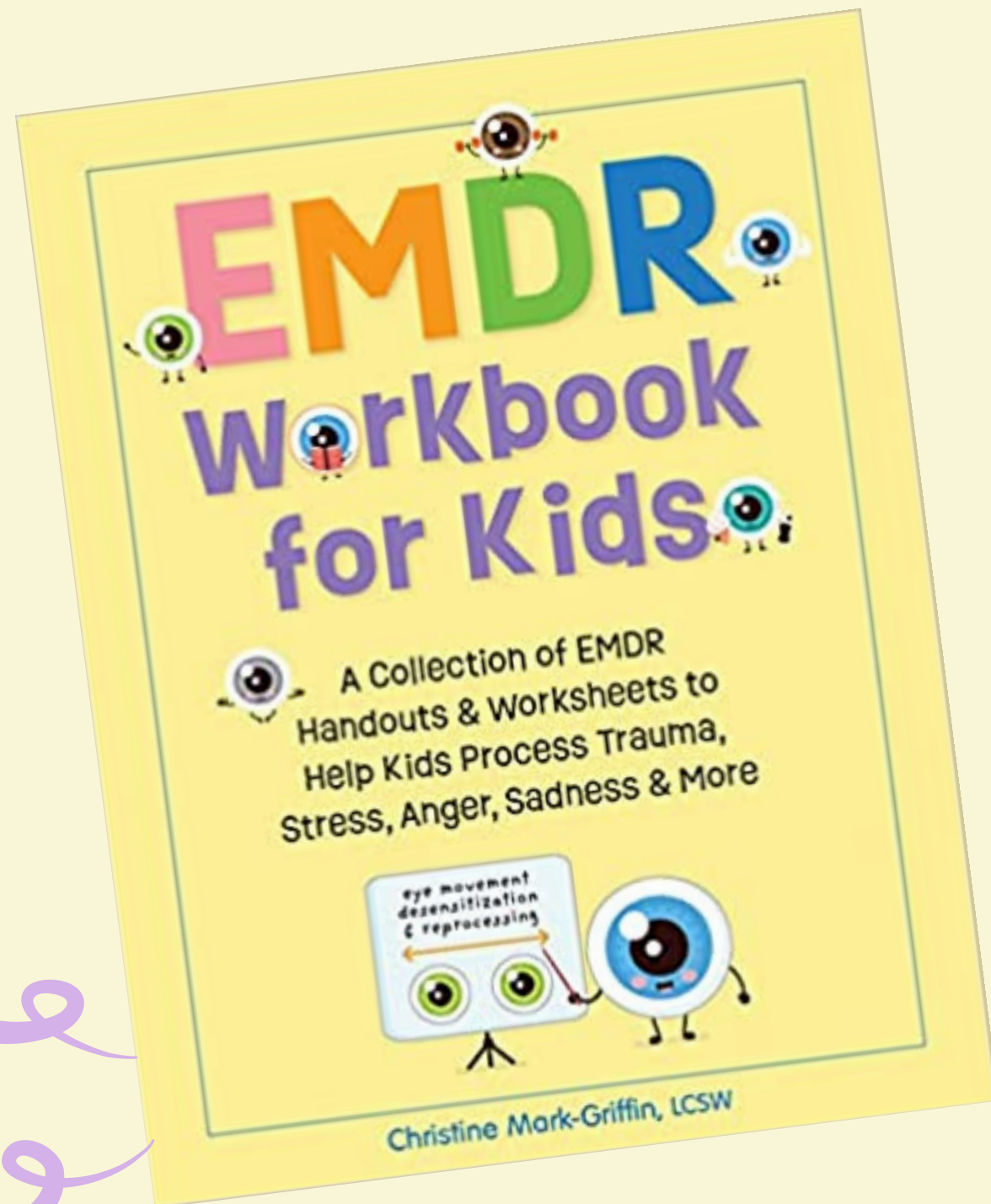
AS AN EMDR CONSULTANT & CERTIFIED TRAUMA-CONSCIOUS YOGA THERAPIST, CHRISTINE IS PASSIONATE ABOUT PLAYFULLY COMBINING HER LOVE OF MUSIC, MOVEMENT, FITNESS & YOGA WITH CLINICAL PRACTICE TO HELP CHILDREN LEARN, GROW AND HEAL.

SHE IS THE OWNER OF SPARK ALL WELLNESS, A SMALL GROUP PRACTICE LOCATED IN SAN FRANCISCO, CALIFORNIA SPECIALIZING IN EMDR AND TRAUMA THERAPY WITH WOMEN AND CHILDREN.

ADDITIONALLY, SHE IS THE AUTHOR OF “EMDR WORKBOOK FOR KIDS” & FOUNDER OF EMDR FOR KIDS. THE MISSION AT EMDR FOR KIDS IS TO EMPOWER THERAPISTS, PARENTS, AND CHILDREN OF ALL AGES WITH RESOURCES, TOOLS, AND TRAINING TO OVERCOME TRAUMA & ADVERSITIES.



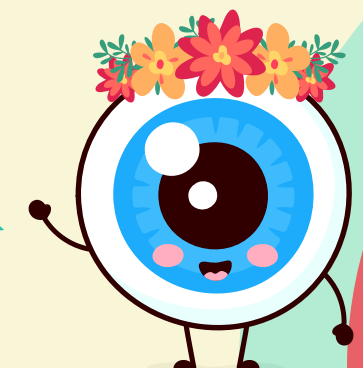
ABOUT THE WORKBOOK

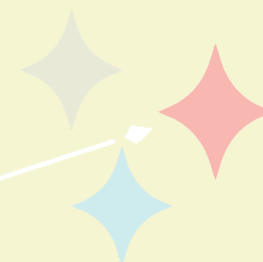
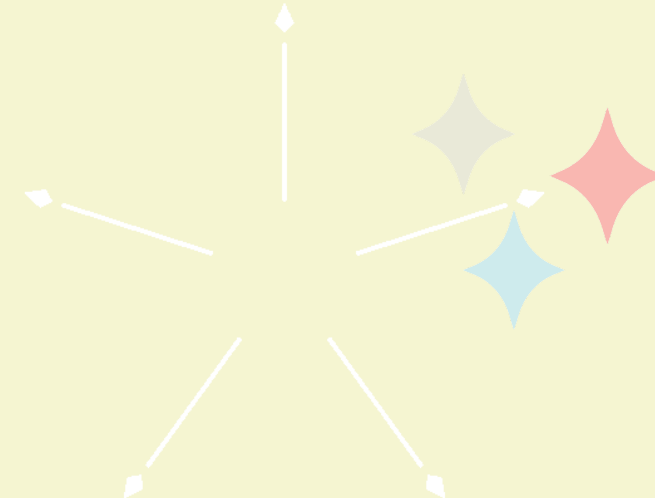
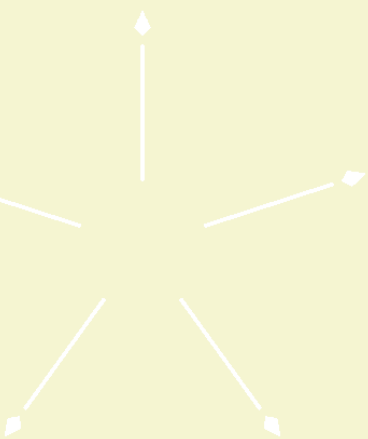


HELP KIDS GET UNSTUCK FROM SCARY AND TRAUMATIC THOUGHTS, MEMORIES, AND EMOTIONS.

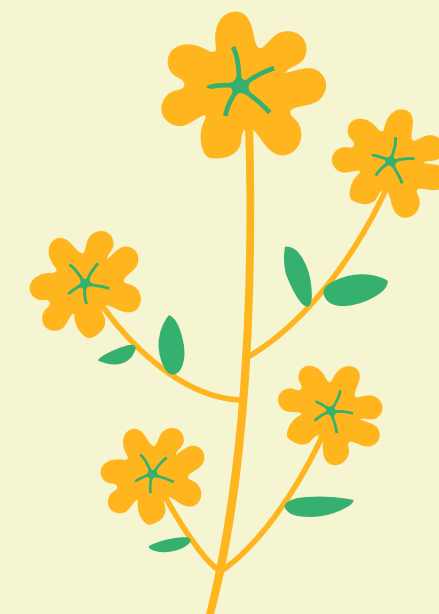
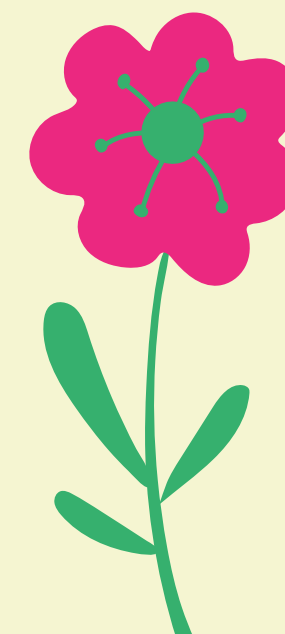
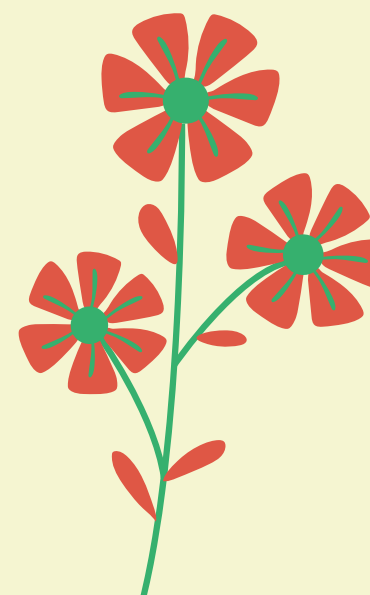
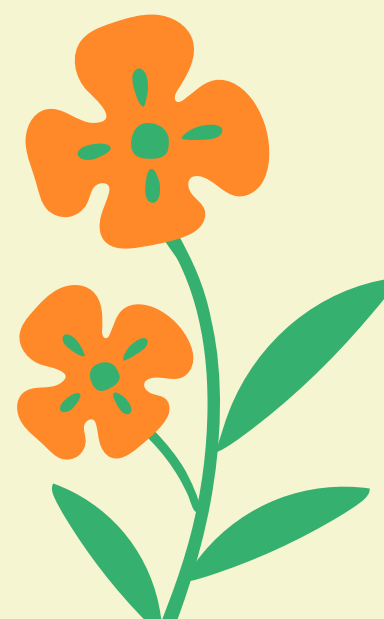
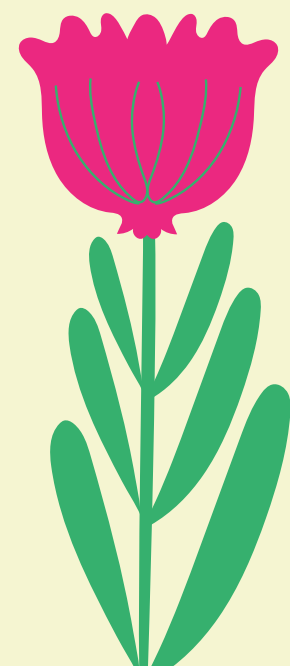
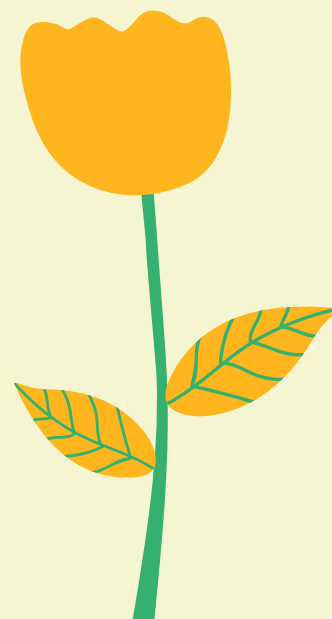
FILLED WITH COLORFUL VISUALS, WORKSHEETS, AND ACTIVITIES, THE EMDR WORKBOOK FOR KIDS WILL ALLOW YOU TO PLAYFULLY INTEGRATE EMDR THERAPY INTO YOUR PRACTICE WITH ELEMENTARY-AGED CHILDREN. GROUNDED IN THE CORE COMPONENTS OF EMDR, THE TOOLS IN THIS WORKBOOK CAN ADDRESS A VARIETY OF COMMON CHILDHOOD CONCERNS, INCLUDING:

- ANXIETY, WORRY, SADNESS, AND ANGER
- PARENTAL DIVORCE, SEPARATION, AND CONFLICT
- BULLYING
- MEDICAL PROBLEMS
- GRIEF AND LOSS
- NIGHTMARES AND SLEEPING PROBLEMS
- AND MUCH MORE!





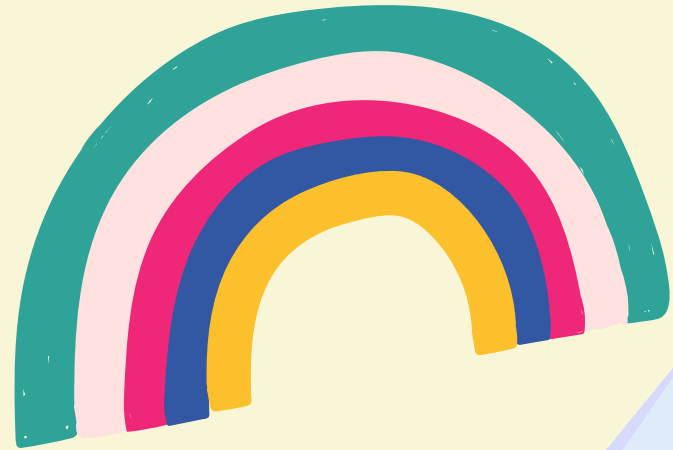
WELCOME



AGENDA

- WELCOME & OVERVIEW OF THE DAY
- CHILD-FRIENDLY EXPLANATION OF THE 8 PHASES OF EMDR
- PHASE 1: MY STORY AND GOALS
- PHASE 2: GETTING PREPARED
- BREAK
- PHASE 3: ACTIVATING TARGETS
- PHASE 4: DISCHARGING THE STRESS
- LUNCH BREAK
- PHASE 5: STRENGTHENING THE POSITIVE
- PHASE 6: INCREASING BODY AWARENESS
- BREAK
- PHASE 7: FINISHING AND ENDING
- PHASE 8: REVIEWING AND REVISING
- ENHANCING PARENTS AND CAREGIVER ENGAGEMENT





BE GENTLE WITH
YOURSELF

