

EMDR With Children and Teens Using Teletherapy

Presented by

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Sunday, April 26th at 2:00pm-3:00pm (AZ time)

This free, 1-hour webinar will give EMDR child therapists practical tools when combining EMDR therapy with teleconferencing for children 3 to 18 years old. Topic areas to be addressed include; privacy & confidentiality, translating play & sand therapy in teleconferencing and when to use the parent or caregiver as a co-therapist. Presenters will also discuss the needs of each age group when applying resource development, finding possible NC/PCs and listening for child specific issues related to COVID-19 and self-sheltering.

Objectives:

EMDR With Children and Teens Using Teletherapy participants will be able to:

- Apply a basic understanding of consent forms and privacy issues to their practices
- Formulate an overview of technology for use with their clients
- Assess the home environment as a safe space or a disorganized place for teleconferencing
- Evaluate emotional safety; is it better or worse with the parent/caregiver in the house
- Demonstrate a resourcing skill – i.e., Annie’s stories, comforting objects in the home (blankets, toys)
- Utilize parents or caregivers as co-therapists in the sessions, when appropriate
- Demonstrate a variety of BLS skills with each age group while teleconferencing
- Explain creative play/sand tray therapy techniques for use in the home (rule out any safety concerns)
- Verbalize examples of possible NC/PCs
- Listen for possible Covid-19 and self-sheltering child specific targets

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Resources – Free Online Trainings and Readings

- **EMDRIA Guidelines for Virtual EMDR Therapy**
https://higherlogicdownload.s3-external-1.amazonaws.com/EMDRIA/Virtual_TG_Report_for_Member2.pdf?AWSAccessKeyId=AKIAVRD07IEREB57R7MT&Expires=1587873157&Signature=hzd3Ux9KZUq8Kaz4m%2B1Y4gYqw%3D
 - **EMDRIA COVID-19 Resource Community Listserv**
<https://community.emdria.org/communities/allcommunities>
 - **EMDRIA Coronavirus Clinical Response Page**
<https://community.emdria.org/communities/community-home/librarydocuments?communitykey=78af83ba-8930-41dd-a051-7d092655550d&tab=librarydocuments>
 - **Marianne Turley, MC, LMFT, and EMDRIA Approved Consultant**
Using EMDR with Telehealth
<https://www.marianneturley.com>
 - **Jennifer Marchand, EMDRIA CIT and Rebecca Hogg, MA, LPC, RPT**
Comprehensive Demo on Offering BLS (Eye Movements and Tactile) Through HIPAA-Compliant Telehealth Platforms
Demonstration of Multiple ways of using BLS with clients through Telehealth
<https://vimeo.com/398125255>
- They also have a couple fantastic guides for preparing for Telehealth
<https://static1.squarespace.com/static/5cc474cd9b7d1539156eaf67/t/5e862a4674ea2878d93b25ed/1585850953976/FREE+PDF-+Trauma-Responsive+Preparation+for+Online+EMDR.pdf>
- <https://static1.squarespace.com/static/5cc474cd9b7d1539156eaf67/t/5e862a517ad6d83c1ca2fbc6/1585850964094/FREE+PDF-+Technological+Preparation+for+Online+EMDR.pdf>
- **Amy Terrell, LMHC, Ana M Gomez, MC, LPC, Ann Beckley-Forest, LCSWR, RPTS, and Susan Darker-Smith, Psychologist**
EMDR Child Therapy During Covid-19 Pandemic
<https://t.e2ma.net/webview/9w4y9c/ec6465efcb298629b3c28e7f56f50d53>

- **Annie J. Monaco**
The Corona Times: Navigating the Challenges and Building Bridges with our Teenage Clients
This Webinar has not been posted yet.
- **Jackie Flynn**
Online Play Therapy Techniques to Support Your Child and Teen Clients Virtually
https://www.youtube.com/watch?v=-OVmQY94GEU&fbclid=IwAR3qwa5ZLsghBOPapIeitWguLalG-jJEjWzV1AoPd4raLQG2RzSIHYC_lxs
- **Jackie Flynn**
Support for EMDR Child and Teen Therapists During COVID-19
<https://www.youtube.com/watch?v=1ZHaxNAiakQ&t=566s>
Handout:
<http://playtherapycommunity.com/wp-content/uploads/2020/04/Copy-of-30-Play-Therapy-Technique-Challenge-Workbook-2020-All-Rights-Reserved-2-2.pdf>
- **Notice That Podcast: Telehealth with Children**
Interview with Kristen James
<http://emdr-podcast.com/episode-25-telehealth-w-children-interview-with-kristin-james/>
- **Dr. Jennifer Lefebre**
Telehealth & the Power of Play
https://catalog.pesi.com/sq/bh_001261evg_childtrauma_telehealthfree_email_sq-121393
- **Creative Play Therapist Blog**
http://creativeplaytherapist.com/?fbclid=IwAR0ZcfT3Jrkzc6-FbyeCATyOxAYh4PuHBV_xK7IhwaQw-oAhqdMSB3TNaxE
- **Sarah Jenkins**
Telehealth Stabilization Skills for Complex Trauma Handout
https://815b8b30-a898-4f73-9e47-b429ed5e2f12.filesusr.com/ugd/2b6bfa_cdf5952de674326ae798fb85b3b167d.pdf

Resources – Bi-Lateral Stimulation Options

- **Butterfly Hug**
- **Eye Movements with client watching therapist's fingers, hand puppets, a magic wand, or an eye-catching pen**
- **Client taps on knees or parent taps on child's shoulders, knees, or feet**
- **Client taps feet on ground or marches in place or jumps from foot to foot**
- **Patty cake with parents**
- **Child uses a slinky**
- **Easy EMDR** -Website that can be accessed on your computer
Visual BLS, can control speed and color
Works well with Screen Share
Cost - \$9.95 a month, 7-day free Trial
<https://www.easy-emdr.com/emdr.html>
- **RemotEMDR**
Perform BLS visually and auditory on both therapist's and client's computer
Can save client's preferences
Cost – Currently free during the Pandemic
<https://www.remotemdr.com>
- **EMDR Therapy** – EMDR App for client's phone or Ipad
Assortment of visual options
Great with kids
Cost – One Time fee of \$9.99
<https://apps.apple.com/us/app/emdr-therapy/id477504212>

- **BSDR Player** -EMDR App for client's phone
Parent downloads and controls during the session
Generates bilateral beeps, which can be adjusted for frequency, pitch and volume
Clients need headphones in order to use
Cost – One-time fee of \$9.99
<https://play.google.com/store/apps/details?id=com.krasamo.bsdrplayer&hl=enUS>
- **EMDR Kit App** – EMDR App for client's phone
Parent downloads and controls during the session
Generates bilateral beeps and clicks, which can be adjusted for speed and volume
Clients need headphones in order to use
Cost – Free
<https://www.emdrkit.com/app/?lang=en>
- **Bilateral Stimulation IO**
<https://bilateralstimulation.io>
- **Mark Grant Overcoming Pain (Samples) – Audio BLS**
<https://overcomingpain.com/emdr-music-books-store/samples/>
- **David Grand BioLateral Music – Audio BLS**
<https://biolateral.com>
- **Various YouTube links**
<https://www.youtube.com/watch?v=Uul1tXDgCy4&feature=youtu.be>
<http://www.garybrotherscounseling.com/bls-drum-therapy.html>

Children's Books and Workbooks to Help Kids Cope

- ***The Story of the Oyster and the Butterfly: The Corona Virus and Me***
By Ana M. Gomez
Free
https://drive.google.com/file/d/13-SrIaH9MIW__bYaYktRhrMG7y0IDGsx/view
- ***My Coronavirus Helping Box***
By Ana Gomez
Free
https://drive.google.com/file/d/1G-_E5BpIbmL_BFBZ8DOep9b4NAsdpOls/view
- ***My Name is Covid***
By Manuela Molina Cruz
Free
<https://www.mindheart.co/descargables?fbclid=IwAR25KQZvjorfOh9ngyPz4V3zFaghpEc3CAWeQE6KVTv471NyltTxvI9zwho>
- ***COVID-19 Journal***
By Nicole Batiste at Hub for Helpers
Free
<https://www.brownwoodisd.org/site/handlers/filedownload.ashx?moduleinstanceid=6199&dataid=6455&FileName=My-COVID-19-Journal-hrfg3p.pdf&fbclid=IwAR391FhcB-kzP1mTIIqY8uPqT3c33kGCUvA-Axxv1p8oXMxC5Akhm3JH6I0>
- ***The Stay at Home Super Heroes***
By Sophie Marsh
Free
https://issuu.com/sophie_marsh/docs/stay_home_superheroes?fbclid=IwAR0DzMsXy-WizrIbGFUEJ0RAIzF7ChKsN4A5MGhyskZMQaU0Q6DyxQ_bPsU

- ***The Rhino Who Swallowed a Storm***
By LeVar Burton
Free Read aloud:
<https://www.youtube.com/watch?v=3WYrWkSDHcg>
- ***The Breaking News***
By Sarah Lynne Reul
Free Read aloud:
https://www.youtube.com/watch?v=V-U3lF5Ei_E
- ***Something Bad Happened: A Kid's Guide to Coping with Events in the News***
By Dawn Huebner, PhD
Free Read aloud:
https://www.dawnhuebnerphd.com/?fbclid=IwAR2-5LvOmOel4t7aXa_ZUpeMex97xSoREuYuCI8qV_6yOK0sjA1vcv3n0A
- ***The Invisible String***
By Patrice Karst
Free Read aloud:
<https://patricekarst.com>

Additional Resources That Can be Used with Children and Teens

- ***Inside Life Cards***
<https://www.innen-leben.org/inside-life/>
- ***Help Harry Potter Save Hogwarts***
Website to engage Preteens in therapy
https://www.canva.com/design/DAD6OcqLjpU/Tl2NLxSHNHwkdJZAjhb1Aw/view?utm_content=DAD6OcqLjpU&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink#17
- **Virtual Sand Tray App**
\$169.99
<https://apps.apple.com/us/app/virtual-sandtray/id916460128>

Resources for Parents

Articles and Videos About How to Talk to Children about Coronavirus

- CNN and Sesame Street Coronavirus Town Hall
<https://www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html>
- PBS: How to Talk With Your Kids About Coronavirus with links to PBS clips for kids
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- CDC Recommendations for Talking with Children about Coronavirus Disease
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
- Childmind's Ideas About Talking to Kids About the Coronavirus
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The New York Times on How to Talk to Kids about Coronavirus
<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>

Activities to Do During Shelter in Place

- Neighborhood Scavenger Hunt
https://www.canva.com/design/DAD5FG2NF2s/f7ErxEIYtMRP-MMA6s1og/view?utm_content=DAD5FG2NF2s&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink
- Printable Activity Ideas from Big Life Journal
<https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view>

Telehealth Scavenger Hunt

Ask the child to show you items or places in their home. This exercise can be used for joining with the client and increasing attachment, for resourcing, or for grounding when the child becomes dysregulated.

- Where do you go when you have a bad day?
- Show me something you can use to calm yourself down
- Where is the place where you sit and watch your favorite show?
- Show me something that gives you happy memories.
- Show me something that reminds you of something you are missing from school.
- Show me something you do for fun.
- Where is the place you sit to play a game with your family?
- Show me something that you are proud of.
- Where is a place that you are safe to express your feelings?
- Find something that sounds nice when you shake it.
- Show me something that tells me about who you are.
- Show me something that is your favorite color.
- Find something that you like to look at.
- Where is a place that you can listen to your favorite music?
- Show me something that makes you laugh.
- Find something that is nice to touch.
- Show me something that gives you bad memories.
- Find something that tastes good.
- Where do you have your best ideas?
- Show me something that reminds me of somebody that you miss.
- Find something that smells nice.
- Show me something that makes you feel better when you're having a bad day.
- Show me something that makes you feel safe.
- Show me something you don't think I have ever seen before.
- Show me something you have told me about when you were in my office.
- Show me your pets.
- Find me something that represents a superhero.
- Find me something that protects you.
- Find something that is soft to touch.
- Show me your favorite toy or book.
- Show me something you made.

Facebook Pages to Check Out for Helpful Ideas

- **Creative Play Therapists: Tele-Play Therapy**
- **EMDR Therapy**
- **EMDR Therapist Resources**
- **Global Child EMDR Alliance**
- **Play Therapy and EMDR Therapy Conversations**
- **Telehealth Play Therapy**
- **Tele-PLAY therapy Resources and Support**
- **Therapist Toolbox**