

<b>Title</b>	<b><i>Enhancing Trust and Attunement-Focused EMDR with Children and Adolescents</i></b>
<b>Presenter</b>	<b><i>Dr Helen Rathore, Clinical Psychologist; Accredited EMDR Practitioner; Clinical Neuropsychologist; Certified Brainspotting therapist; TCTSY Trauma Sensitive Yoga Facilitator</i></b>
<b>Date / Time</b>	<b><i>Thursday 2nd December: 6.30pm – 9.30pm</i></b>

### **Aims**

To consider the importance of building trust and attuning to children throughout each phase of EMDR therapy.

For participants to further develop clinical skills for enhancing trust and attunement in EMDR with children and adolescents.

To learn how to use trust and attunement to work supportively with children who may be reluctant and help them to become active participants in their own EMDR therapy.

### **Objectives**

To present the rationale for building trust and attunement through each phase of the EMDR protocol with children and adolescents.

To share examples of trust building and attunement, through the use of EMDR clinical case studies, using EMDR protocols that have been appropriately developmentally adjusted for working with children.

To further support learning about attunement-focused EMDR with children through group questions and discussion.

## **Learning outcomes**

Participants will:

Learn about the importance of attachment and attunement in EMDR and the relevance to the AIP model with children and adolescents.

Learn when to particularly consider using this approach with children and adolescents, and the associated benefits for therapeutic outcomes.

Learn how to further enhance attunement in EMDR with their child and adolescent clients.

Benefit from hearing about how a single case study can be translated into a published research paper, thus building theory practice links.

## ***Teaching Methodology/Format***

Teaching will be a mixture of lecture, practicum and discussion.

## **Target Audience**

The workshop is intended for those who have completed, as a minimum, EMDR accredited training Part One and whose core profession qualifies them to work with children and adolescents. It would be desirable that participants have also completed at least Level One in their Child EMDR training. It will equally be of interest and value to those working with adult clients with a history of early childhood trauma and attachment trauma.

## **How will this presentation develop EMDR practice?**

The emphasis in this workshop will be on developing EMDR clinical skills in relation to developing and maintaining trust and attunement with children and adolescents, using the eight phases of EMDR therapy, based on protocols which have been adapted to the developmental stage of the child.