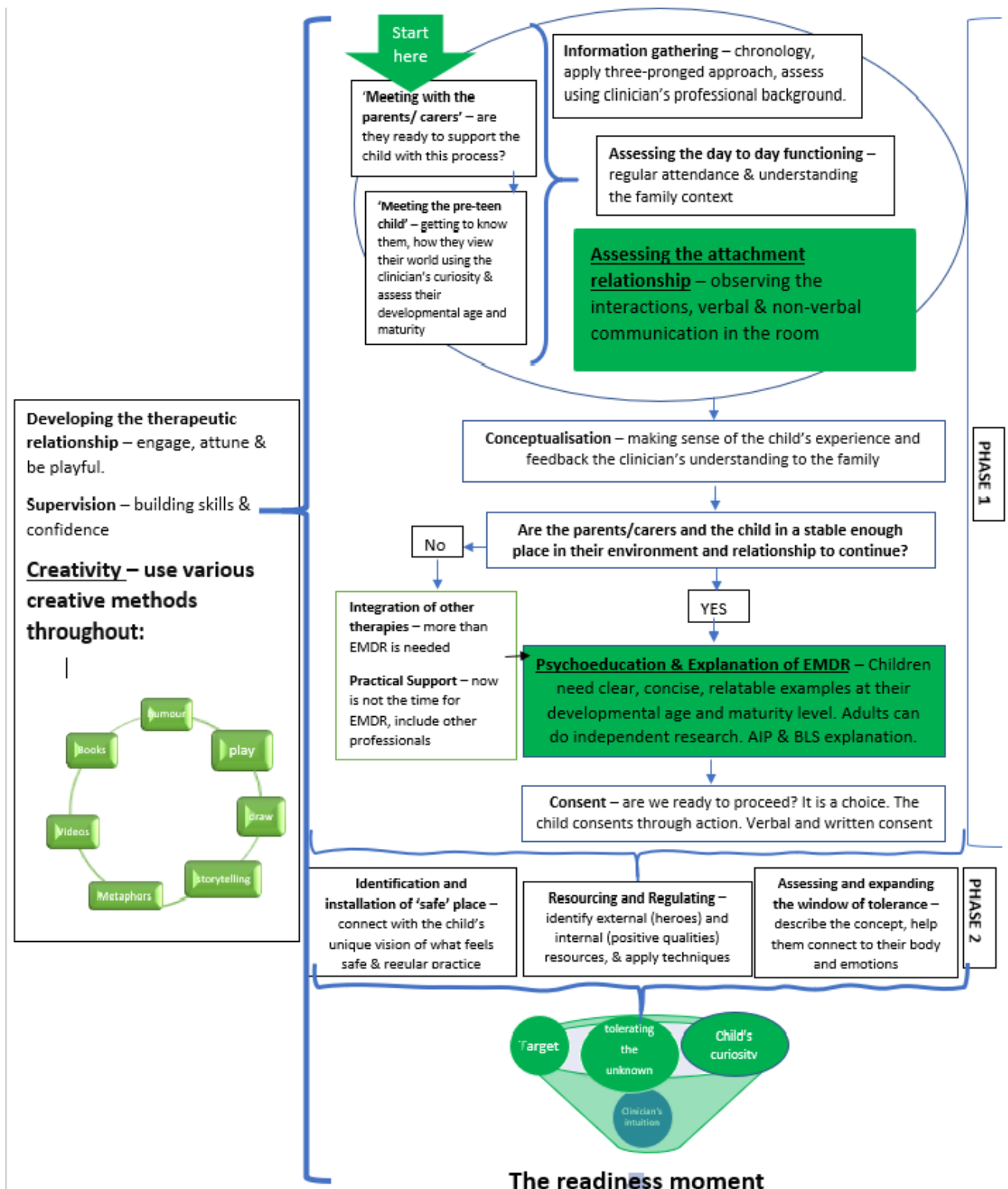
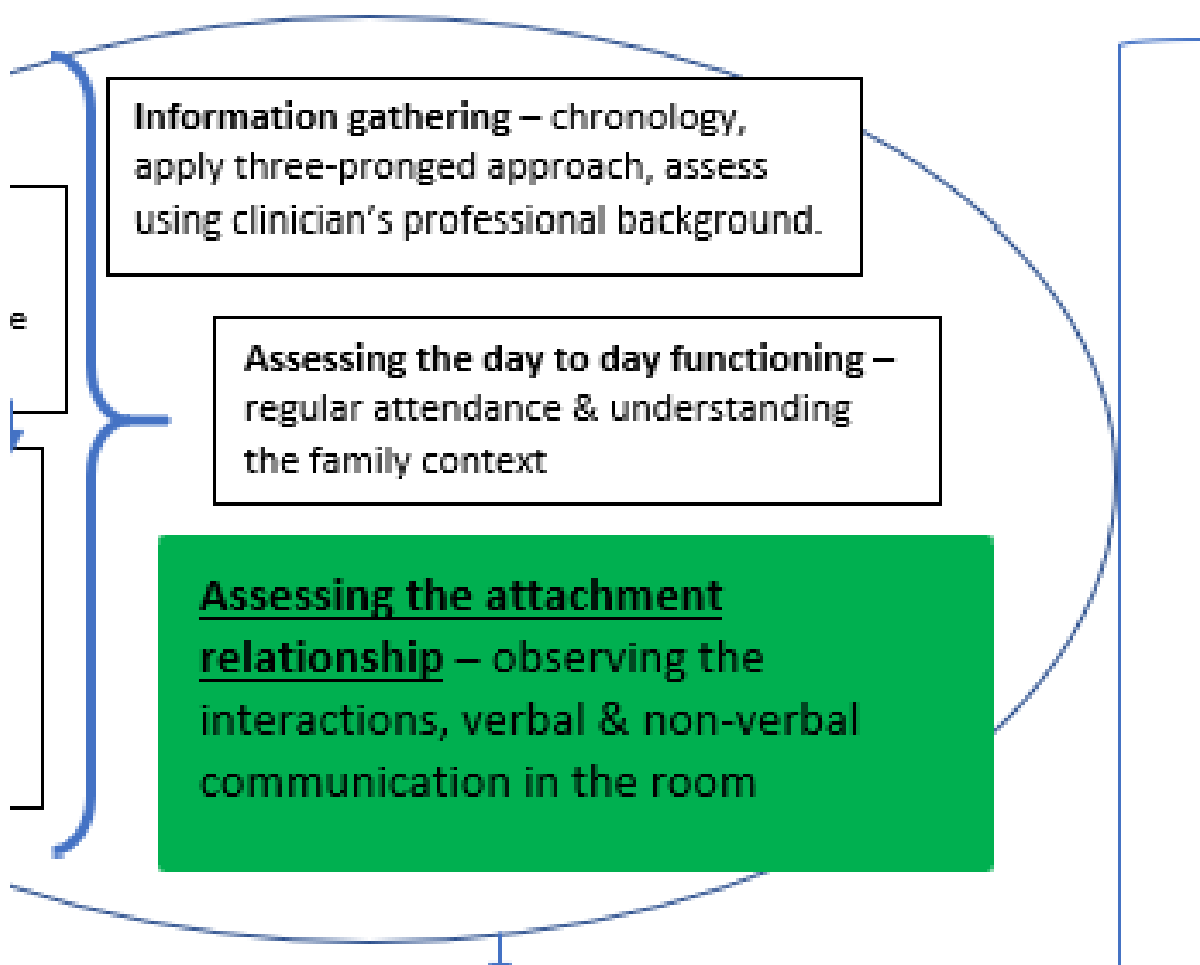
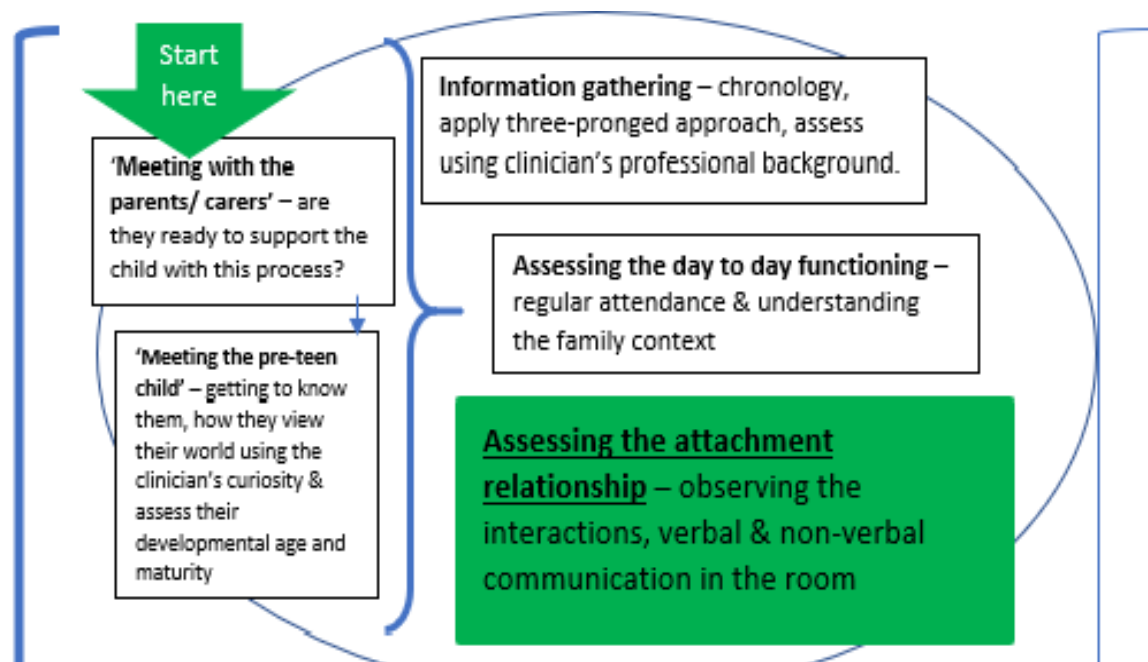


Handouts for Webinar October 2021

The Readiness Moment: Phases 1 and 2 with pre-teen children:



Breaking the model down:



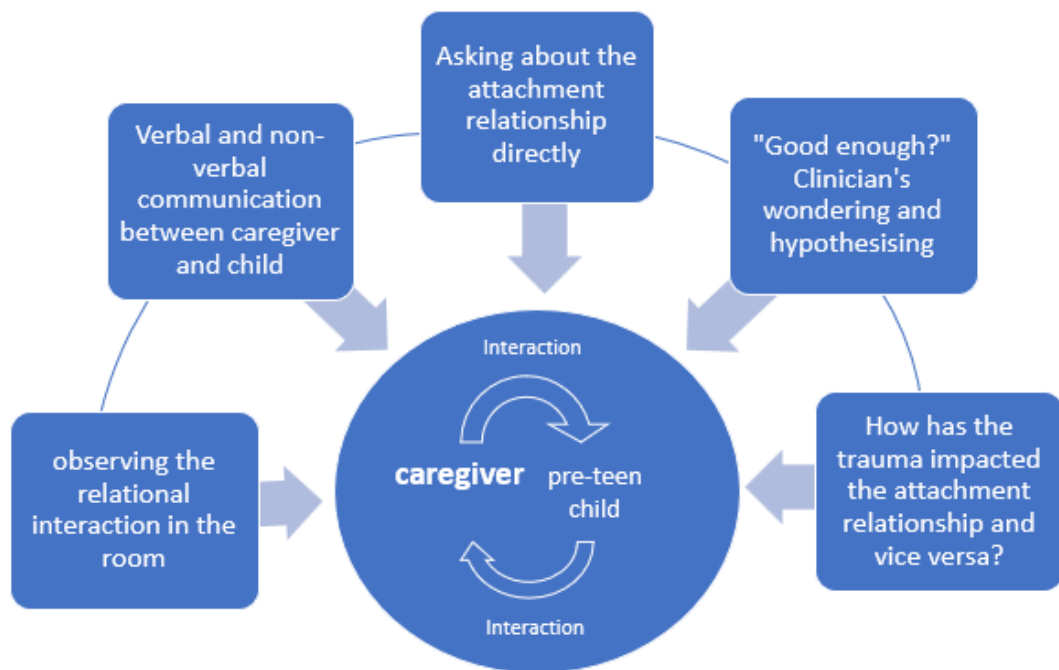
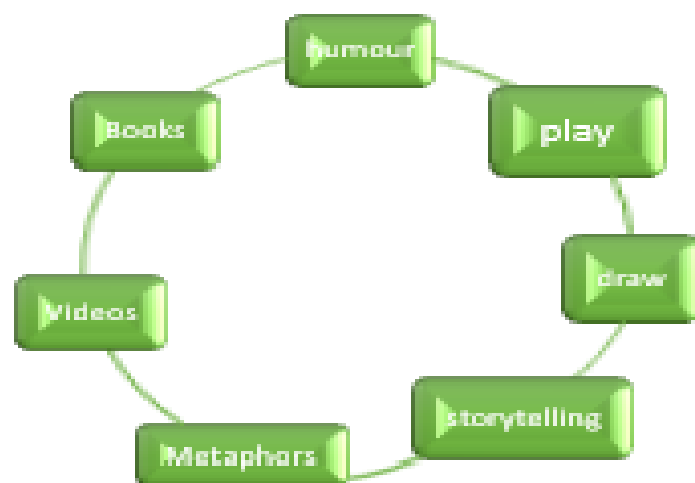


Figure 1.3 Assessing the Attachment Relationship /

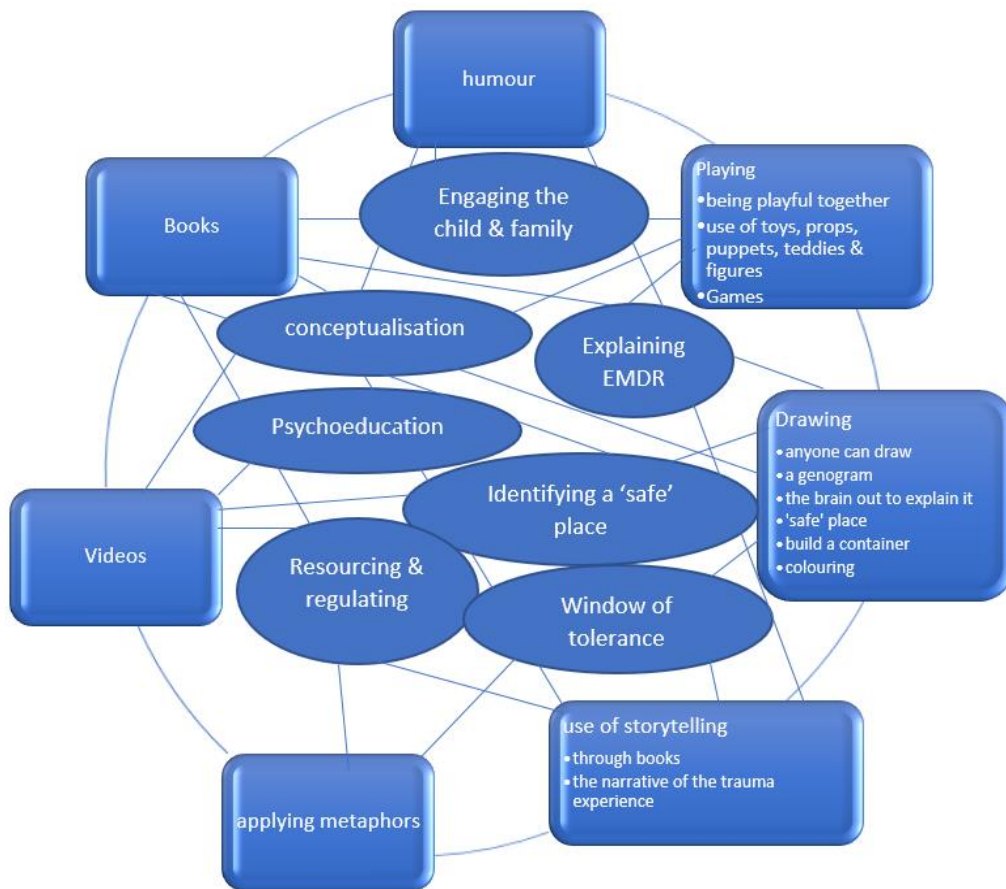
Developing the therapeutic relationship – engage, attune & be playful.

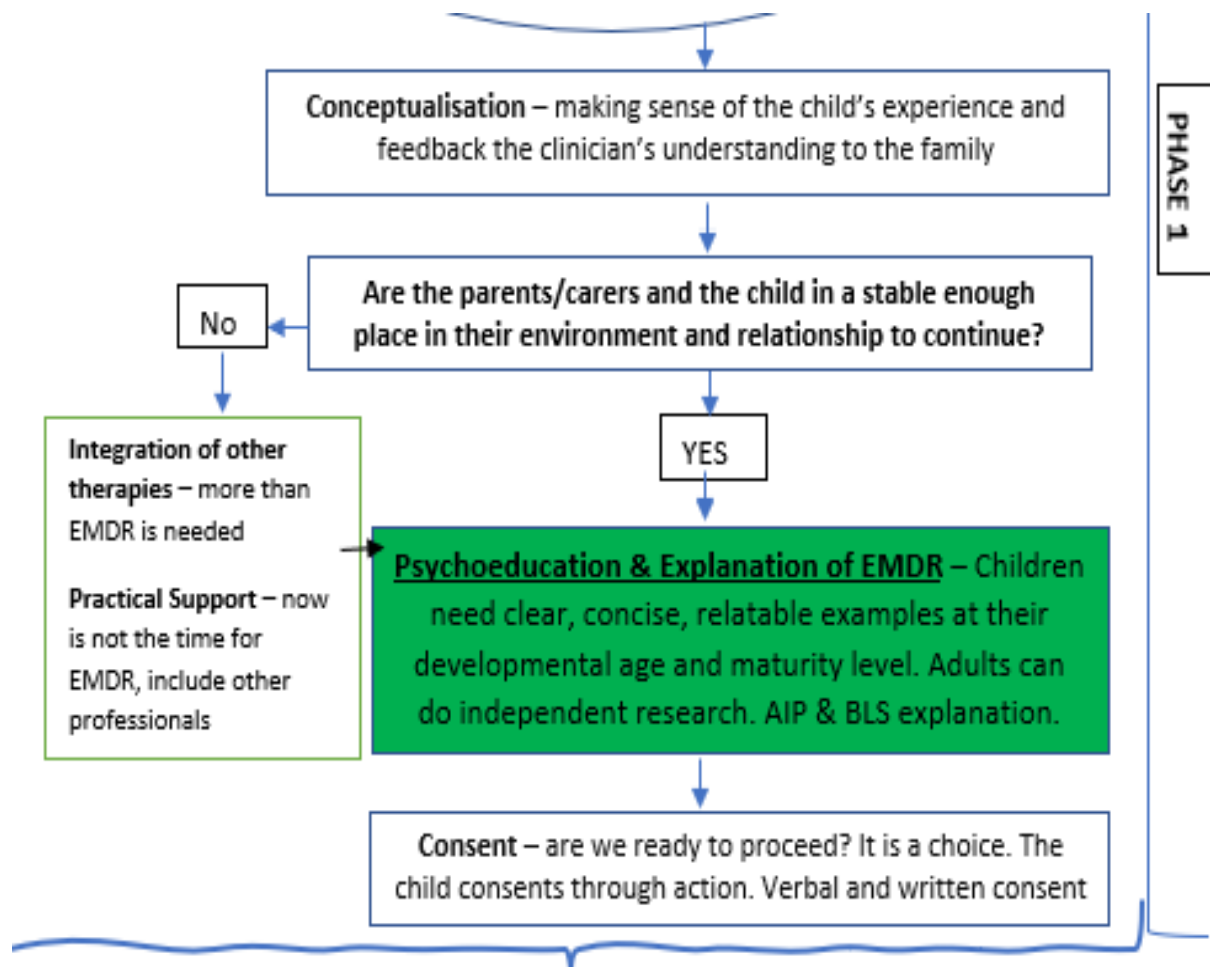
Supervision – building skills & confidence

Creativity – use various creative methods throughout:



Creativity interactions within Phase 1 and 2 towards Phase 3:





Psychoeducation & Explanation of EMDR

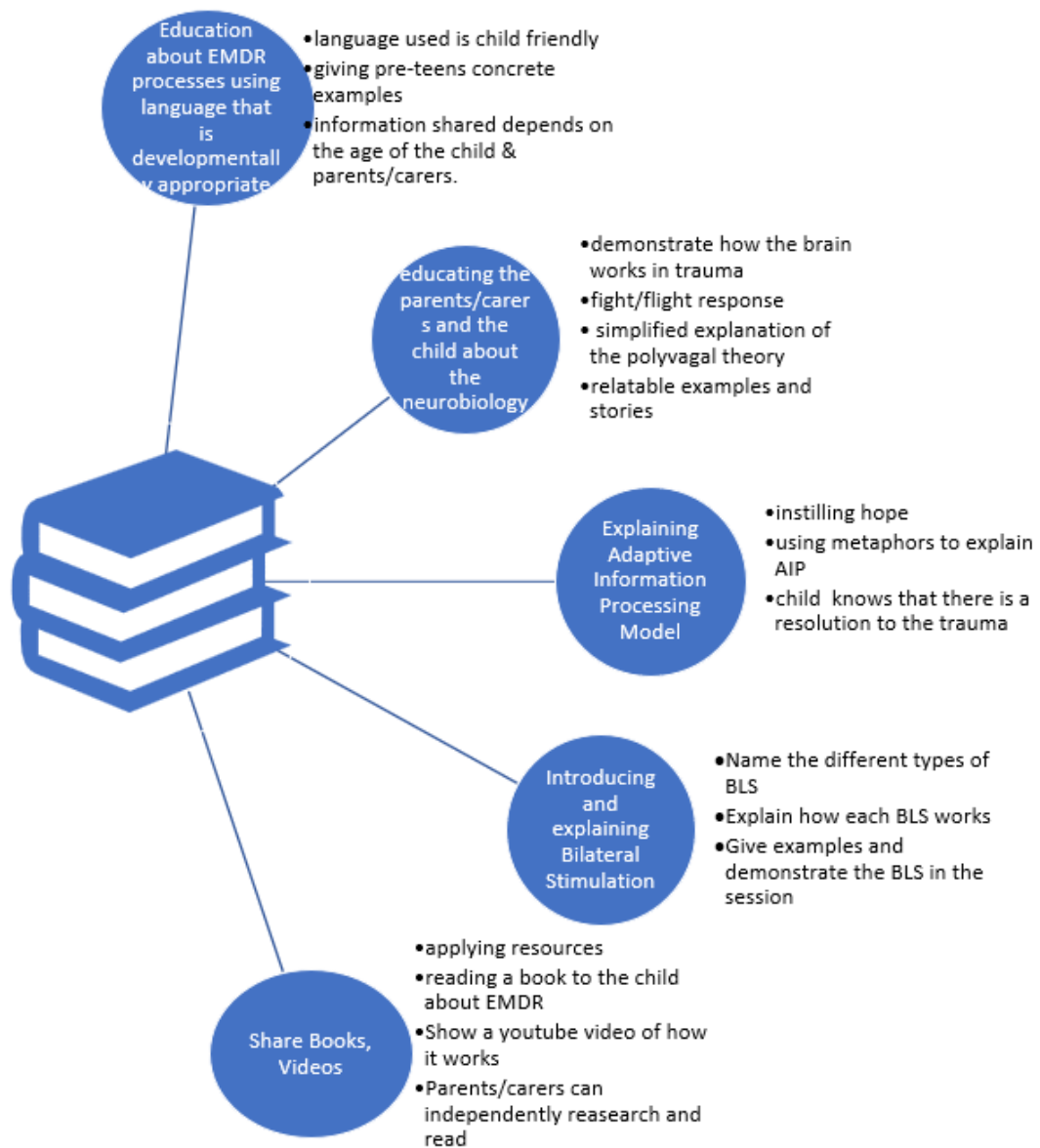
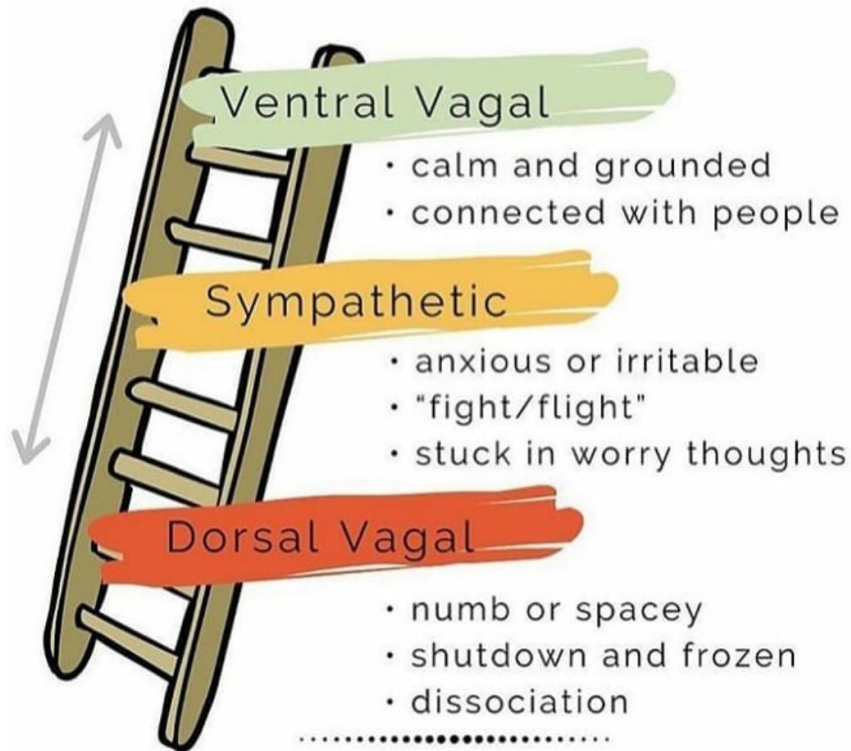


Figure 1.4 Psychoeducation & explanation of EMDR

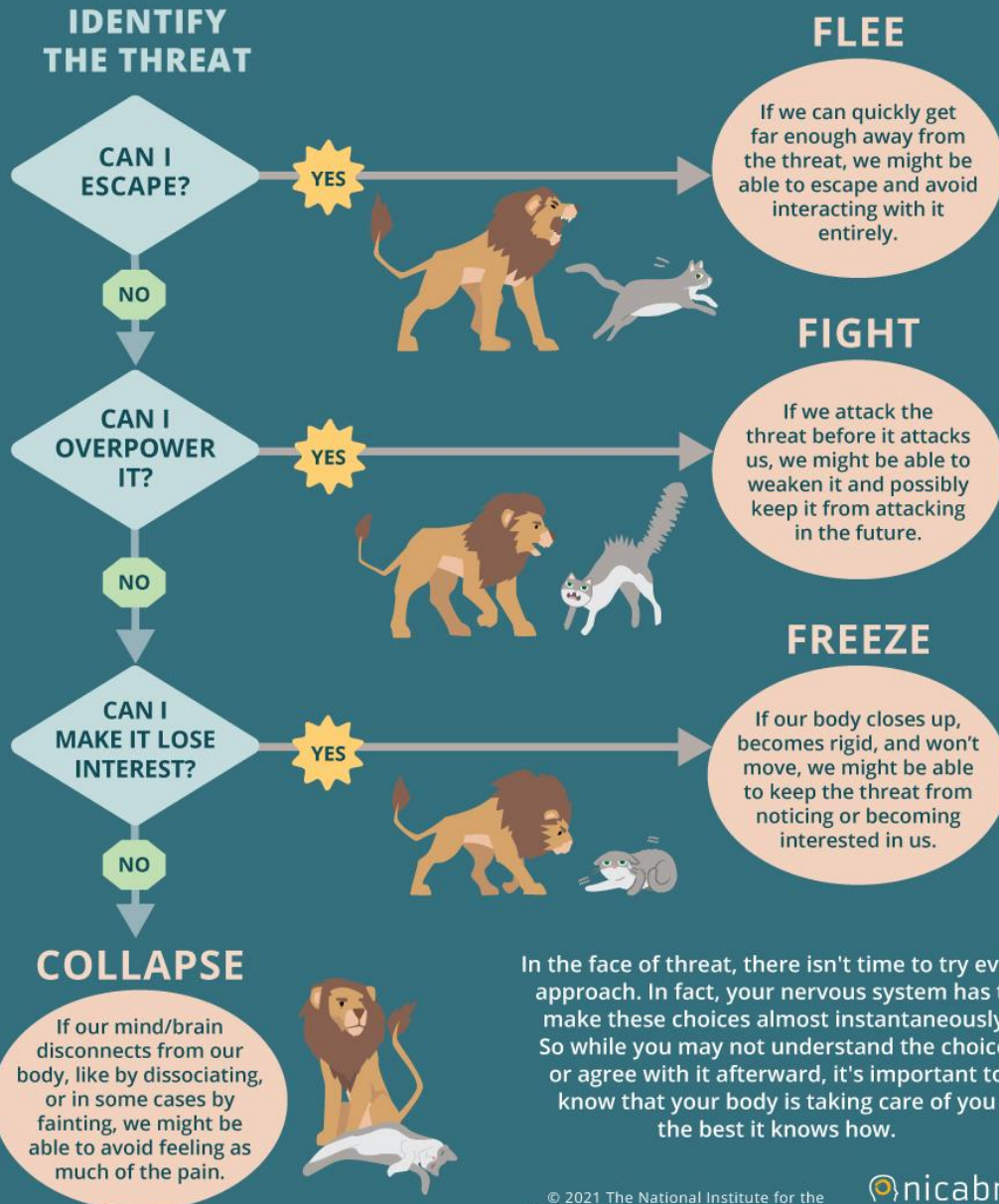
Tracking Anxiety in Your Body



HOW THE NERVOUS SYSTEM RESPONDS TO TRAUMA

Adapted from *Ruth Lanius, MD, PhD*

How does your nervous system figure out how to respond in a crisis?
It's a split-second, unconscious process designed to choose the best option for keeping you safe.
Here's how it works:



Phase 2 & The readiness moment in the model:

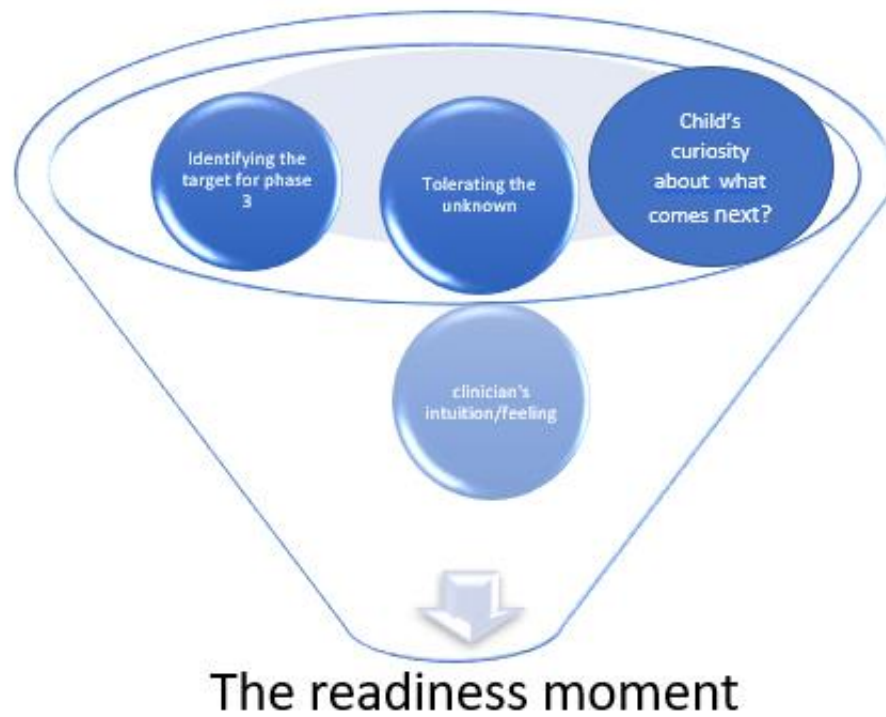
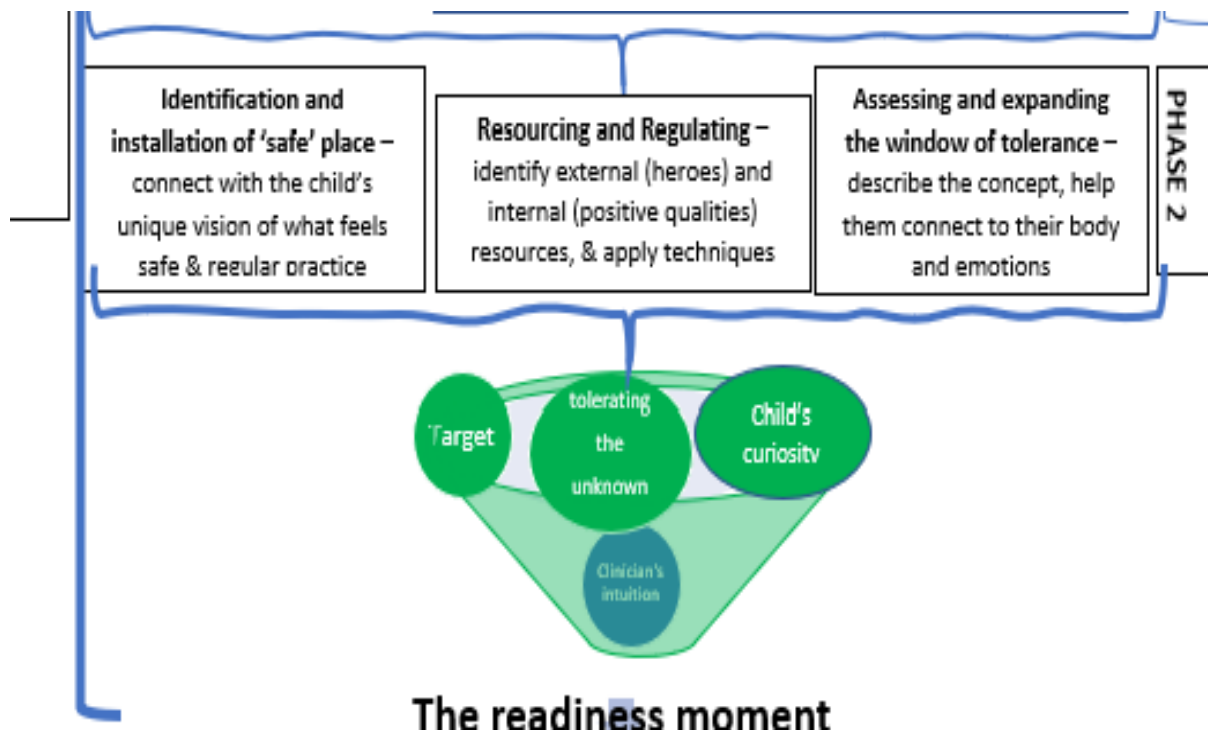


Figure 1.6 The readiness moment

Youtube links for sharing with families and young people:

Psychoeducation: https://www.youtube.com/watch?v=ZLF_SEy6sdc

Rocket kids - Know Your Emotions - YouTube

Balloon breathing - <https://www.youtube.com/watch?v=2PcCmxEW5WA>

Square Breathing - <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Butterfly scan - https://www.youtube.com/watch?v=56_8aK3cLEA