



# EMDR and the Art of Psychotherapy with Children: Treatment Manual

*Carolyn Settle MSW LCSW, PhD Adler-Tapia Robbie*

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This manual is based on EMDR theory created by Dr. Francine Shapiro and documented in Dr. Shapiro's books (1995, 2001), and serves as an adjunct to *EMDR and the Art of Psychotherapy with Children*

This treatment manual provides a simple and practical way to use the EMDR scripts, protocols, and forms in psychotherapy with children and adolescents that are detailed in the book *EMDR and the Art of Psychotherapy with Children*. The manual was derived from the EMDR Fidelity Research Manual for children, which was created by these authors. By using a standard treatment protocol for providing EMDR psychotherapy for children and by conducting pre- and post-treatment assessments, therapists can also conduct their own study of treatment outcomes. In addition to contributing to research, the manual is beneficial to the therapist and the client in order to monitor treatment progress and outcomes.

The manual is organized consistent with the chapters in the book and begins with the directions to the therapist, session protocols, therapist's scripts, and forms for each phase of the protocol. Instructions to the therapist provide an overview of the goals for the specific phase of EMDR with suggestions for case conceptualization. Session protocols include the steps for the specific phase of treatment. Also provided are therapist's scripts that include possible languaging for the therapist to use with the child written in italics. The final section of each phase includes forms as templates for the therapist to use for documentation and case planning.

When using the EMDR protocol with clients of any age, but especially with children, the therapist can integrate techniques and tools from play therapy, art therapy, sand tray therapy, and any other techniques with which the therapist determines are helpful for the client to express themselves.

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