Questions for a Child EMDR Clinician

Use these questions to understand training, safety and what to expect.

Credentials and approach

Are you licensed in our jurisdiction? What training and supervision have you completed for EMDR with children? What experience do you have with children at a similar developmental stage? How do you decide whether EMDR is appropriate?

What the child may experience

How do you explain EMDR to children? What happens at an initial appointment? How do you accommodate communication, neurodevelopmental or sensory needs? What choices does the child have during sessions?

Caregivers and safety

How will caregivers be involved? What does confidentiality mean for the child and the caregiver? How do you handle a request to stop? Who should we contact if concerns arise between sessions?

Treatment expectations

How do you review goals and progress? What signs mean the treatment plan needs to change? What should we avoid doing at home? How will we know when to consider a different or additional type of support?

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A PHRASE YOU CAN USE

“Could you explain how you work with children and what I should do between visits?”

IMPORTANT BOUNDARY

There is no single correct answer to every question; look for clear, individualized explanations and appropriate qualifications.

REFERENCES & SCOPE

EMDRIA and local licensing/clinical guidance. This guide is informational; a licensed professional provides individualized assessment and treatment.

PUT THIS INTO PRACTICE

One question I would like to ask a professional:

One choice I can offer my child without pressure:

What would tell me that more support is needed?

Bring these notes to an appropriate conversation if useful. Do not record sensitive traumatic memories here.