What EMDR Is—and What a Workbook Is Not

A clear distinction between clinician-led EMDR and everyday educational activities.

The short explanation

EMDR stands for Eye Movement Desensitization and Reprocessing. It is a structured psychotherapy conducted by a trained mental-health professional. With children, an appropriately trained clinician adapts communication, preparation and therapeutic work to developmental needs and the individual child. The exact treatment plan is not something a website or workbook can prescribe.

What a child may notice

A child may experience conversation, drawing, play-based communication and skills for feeling oriented and supported. Depending on the stage of treatment, the therapist may use specific EMDR procedures. Families should ask the therapist which activities are part of therapy, what consent and choice look like, and what to do between sessions.

What this website does

This hub teaches everyday emotion words, supportive conversation, practical preparation and asking for help. It deliberately does not guide eye movements, self-tapping protocols, trauma-memory retrieval or memory reprocessing. That distinction should remain visible across every resource.

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Questions worth asking

Ask: What qualifications do you have for EMDR with children? What should we expect at the first visit? How do you support a child who wants to pause? What should we do if difficulties increase between appointments? What role should caregivers play?

A PHRASE YOU CAN USE

“You do not need to practice therapy at home. This page just helps us find words and questions.”

IMPORTANT BOUNDARY

A workbook can support communication; it cannot establish whether EMDR is appropriate for an individual child.

REFERENCES & SCOPE

EMDRIA child resources and NHS child EMDR information. This guide is informational; a licensed professional provides individualized assessment and treatment.

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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.