

Explaining EMDR

A story for very young children



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Story by Ali Russell
Available to download from
www.emdrassociation.org.uk
www.notredamecentre.org.uk

(for adults to use when explaining EMDR
to young children)

Tom lived with his Mummy and Daddy and his sister Susie. He felt safe and happy.



One day something really scary happened to Tom.

After that he didn't like it if Mummy went away when he went to nursery. He didn't like it when it was bed time. Sometimes he had bad dreams.

The lady said - 'you are good at playing pat-a-cake'.

'Practise it with Mummy when you go home'.

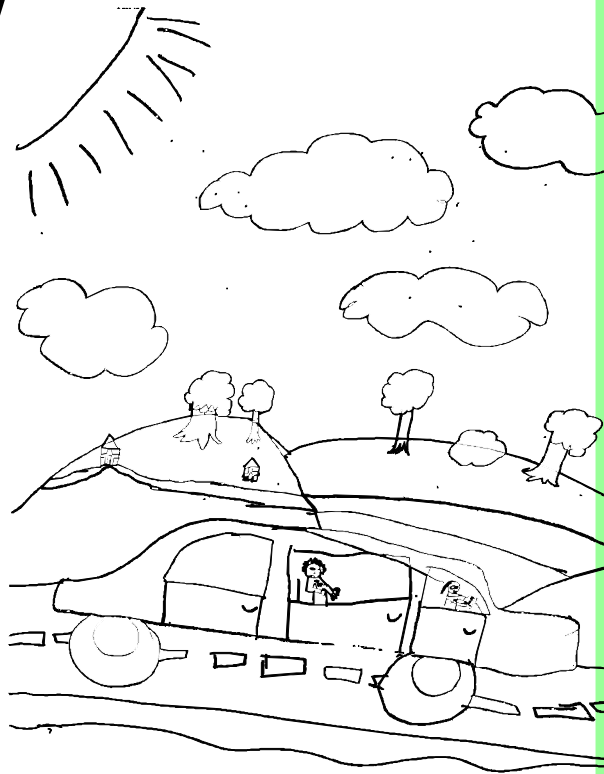
'Mummy will bring you again and we'll play pat-a-cake while we read a story'.

'It will help the scary feelings to go away'.

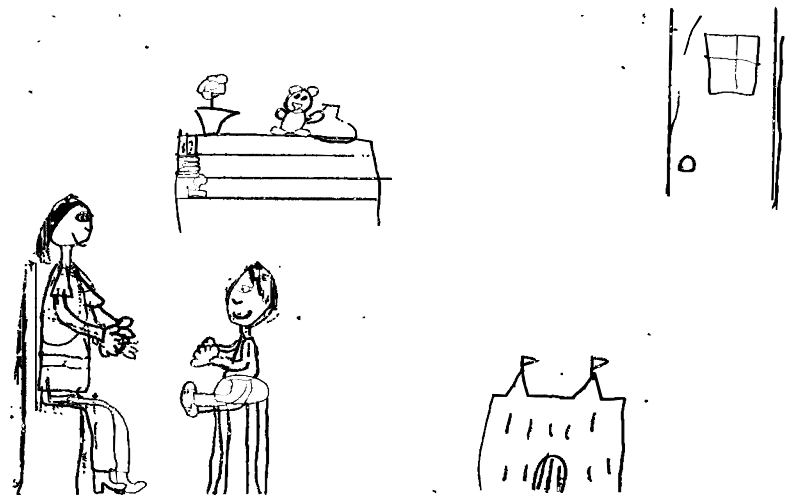
After nursery
they went in
the car.

Mummy
and Tom
went into
a big house
and into a
room.

A smiley lady
was there.

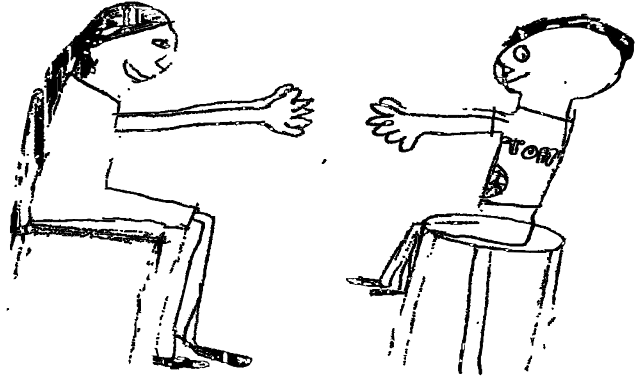


The lady said 'come in and sit
down'. 'Hello Tom'. 'We are
going to play a pat-a-cake
game to help the scary
feelings go away'.



Tom sat on Mummy's lap.
Mummy put her arms round
him and it felt good.

The lady put her hands out - with the insides up.



She asked Tom if he could do it too. She said 'Tap my hand Tom' - she said 'good'. Then - 'tap the other one, tap, tap, tap'.

Tom hit her hands quite hard. It was alright 'cos she was smiling.

His tummy felt funny - not 'funny-ha-ha' - but 'funny not nice'.

One day Mummy said to Tom 'I am going to take you to see a lady who can help scary feelings to go away'.

'We will tell her about the scary thing that happened'.