

Explaining EMDR

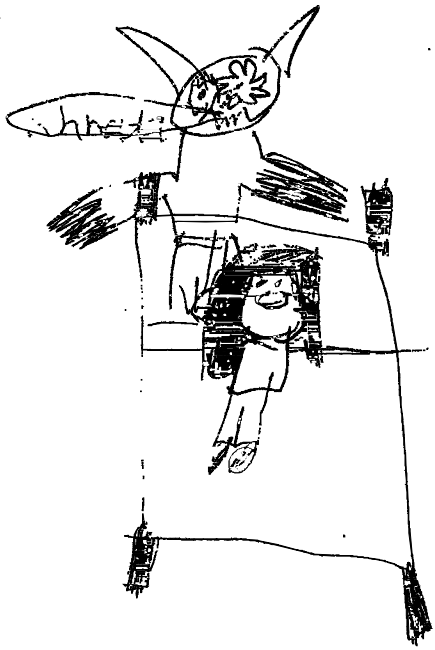
A story for very young children



Drawings by
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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 man said - 'you are good at playing pat-a-cake'.

'Practise it with Mummy when you go home'.

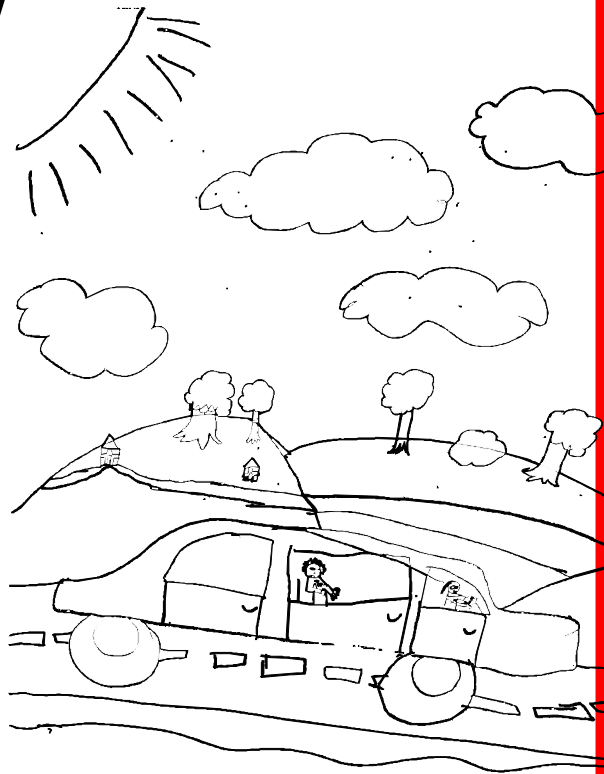
'Mummy will bring you again and we'll play pat-a-cake while we read a story'.

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

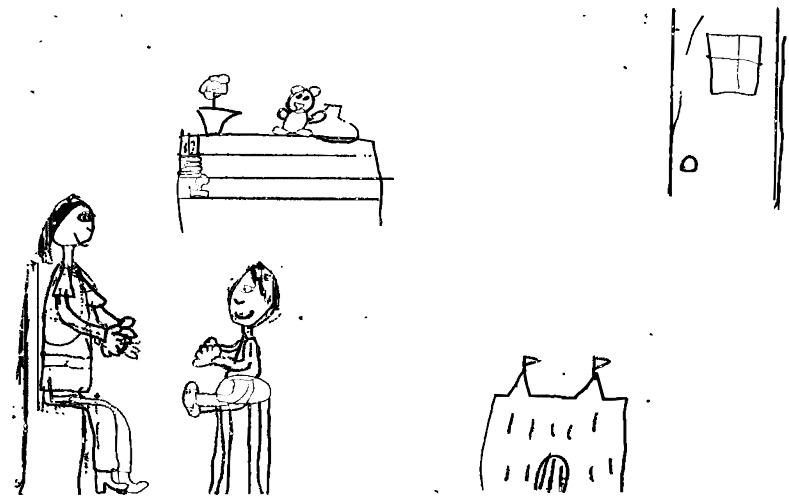
After nursery they went in the car.

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

A smiley man was there.

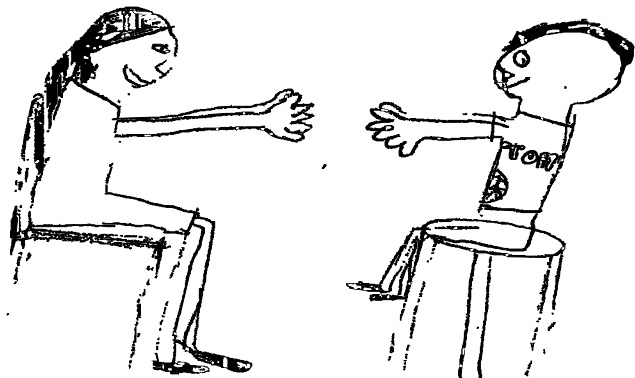


The man said 'come in and sit down'. 'Hello Tom'. 'We are going to play a pat-a-cake game to help the scary feelings go away'.



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

The man put his hands out - with the insides up.



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

Tom hit his hands quite hard. It was alright 'cos he 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 man who can help scary feelings go away'.

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