

Family Therapy/EMDR Integrative Team Treatment Checklist

Family Therapist

Parent Work:

- 1) Helping parents view the child through the trauma lens
- 2) Parent coaching
- 3) Facilitating emotional attunement
- 4) Guiding parents in managing meltdowns

Mindfulness Work:

- 1) Feelings come and feelings go
- 2) Teaching the window of tolerance
- 3) Teaching “belly breath” and “cooked noodle”

Recognizing the Smaller Child Within:

- 1) Use of nesting dolls as a visual aid
- 2) Expressing appreciation for the actions of the younger parts of self
- 3) Teaching what babies need and the cycle of trust

Coping with Present-day Life:

- 1) Teaching the jobs of moms and dads
- 2) Brain work (feeling/thinking brain and talking to the brain)
- 3) Teaching past, present, and future
- 4) Detective work: zeroing in on triggers and applying skills

Skills, Skills, and More Skills:

- 1) Creative practice
- 2) The communication game
- 3) Teach high-alert/low alert language

Making Sense of the Past:

- 1) Beginning with a timeline
- 2) Creating a therapeutic story

EMDR Therapist

Traditional Resource Development and Installation (RDI):

- 1) Safe place/safe state
- 2) Competency/power/big boy/big girl
- 3) Butterfly hug

Attachment Resource Development (ARD):

- 1) “Messages of Love” exercise
- 2) “Playing Baby” exercise
- 3) “Lollipop” game
- 4) “Magical Cord of Love” exercise
- 5) “Circle of Love” exercise
- 6) “Safe Place for the Little One” exercise
- 7) Songs for younger children

Self-Regulation Development and Installation (S-RDI):

- 1) Mindfulness coaching
- 2) Mindfulness coaching with photographs
- 3) Talking to the brain
- 4) Talking to the body
- 5) “Cooked Noodle” and “Belly Breath” exercises
- 6) Speaking to the inner child

Optional Activities:

- 1) Tumbling Towers game
- 2) “Positive Future Movie” exercise

Processing:

- 1) Target and process past traumas
- 2) Target current/recent triggers
- 3) Image/practice/role play situations as future templates

