



## EMDR for Your Child

Your child is your most precious and complex gift. Being a parent is the most profound experience requiring immense dedication and nurturing. If your child is having behavioural or emotional challenges, a number of therapies can help you and your child.

EMDR is extensively researched for its efficacy as an evidence-based therapeutic intervention. In the parent-child context, the child draws its sense of self from a web of relationships and entities. For a child, it is difficult to grasp injury, hurt, a sense of self and why certain things happen. Many things affect a child's wellbeing including what is going on with their parents, friends, school and their own minds.

EMDR and CBT Art Therapy provide us with so many tools and inroads that can help heal your child. There is much hope in the way that science and psychology have advanced in aiding our understanding of how to deal with, and offer relief for a child, experiencing emotional and behavioural difficulties, phobias, or abiding with boundaries and disciplinary issues.

We use a number of tools and child-friendly language through story-telling, drawing, play and fun worksheets to direct the child's attention as they have limited cognitive capacities.

## CBT Art Therapy for Teenagers and Children

### What is CBT?

Cognitive Behavioural Therapy (CBT) is one of several approaches to psychotherapy. It is an evidence-based talking therapy.

It is based on the identification and modification of subconscious negative and fearful thinking patterns. Often these thoughts are below the realm of the conscious awareness hidden in defensive behaviours such as avoidance, sublimation, denial, projection or repetitive unconscious patterns of behaviours. CBT breaks this vicious cycle of the interaction between unconscious behaviours, feelings and thoughts.

CBT is highly effective in helping children address the following issues:

- Bullying
- Anxiety
- Phobias
- Depression
- Nightmares
- Boredom
- Anger
- Going silent
- Obsessive Compulsive Disorder
- Problem-solving Skills
- Developing Pro-social Behaviour (Making Friends)
- Building Confidence
- Cultivating Motivation
- Regulating Emotional Expression
- Isolation and Loneliness

### Using Art in CBT

#### Tools

When treating children, we often use drawings, clay, miniature figurines, flash cards and other tactile and visually creative materials to elicit their interest and responses.