

# Effective Techniques for Using EMDR with Children

A one day workshop on how to use EMDR in your work with children

**Offered by: Jan Yordy, M.Ed., M.S.W.,  
Certified EMDR Therapist & Play Psychotherapist**

**Saturday, May 9<sup>th</sup>, 2009, from 9:00 to 4:30**

**Integrated Centre for Optimal Learning, 826 King Street N, Waterloo, Ontario**

## What the course will cover:

- ⇒ How children are affected by trauma
- ⇒ Preparing children for successful EMDR
- ⇒ Adapting the basic EMDR protocol for kids
- ⇒ Selecting appropriate EMDR targets
- ⇒ What to do when the therapy is stuck
- ⇒ Positive Resource Building with Children

In the afternoon we will explore some creative techniques for using EMDR with kids

- Externalizing the Problem
- Using therapeutic stories to clear trauma
- Group work using EMDR
- The Energy Connection Game plus other resources to facilitate EMDR processing

To learn more about Jan Yordy and her unique resources for using with children visit, [www.energyconnectiontherapies.com](http://www.energyconnectiontherapies.com).

## A brief introduction to Jan Yordy:

Jan Yordy is an educator and a child therapist who has been working with children and families for over 25 years. Working first as a teacher and later as a child therapist she holds a Masters of Education degree, a Masters of Social Work and her Play Therapy Certification. Jan has completed Level 1 and Level 2 in EMDR and is a certified EMDR therapist with 12 years experience. Several years ago Jan along with 2 partners opened the Integrated Centre for Optimal Learning where they help children who learn differently. Developing innovative EMDR & Energy based therapeutic resources for children is another way Jan uses her talents. She is a popular workshop presenter and conducts workshops locally as well as internationally sharing her innovative tools and insights about working with children.

**Partial Completion of an EMDRIA Approved Basic EMDR Training is required**

----- Approved for 6 Hours EMDRIA Credit, if Basic Training completed -----

**Registration Form for EMDR with Children – May 9, 2009**

Name: \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Level 1 training date : \_\_\_\_\_ Trainer: \_\_\_\_\_

Fee: \$110.00 plus 5% GST  
Save \$10 if registered by April 20<sup>th</sup>

Mailing address:  
Jan Yordy Counselling & Consulting  
P O Box 35, St. Jacobs, Ontario  
N0B 2N0

Make cheque payable to: Jan Yordy Counselling

Phone: (519) 664-3568  
Fax: (519) 664-1390  
E-mail: [yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)

Snacks provided. Bring your own lunch or purchase nearby.

The Integrated Center for Optimal Learning is accessible to those with disabilities –