

**Title – Child Empowerment EMDR link with Parental EMDR and hugs, a new method to improve attachments and trauma events in children.**

The Trauma, particularly in its complex form, is very much linked to the development of children, as well as the mechanisms of how emotional regulation was implemented and established integrated and structured links. The EMDR presents itself as a therapy dedicated to the complex trauma in its form, that allows to rebuild the bonds and by this reconstruction allow to solve the traumatic fixations existing in the development. In this context, there are some models that allow to achieve this therapeutic success, it has been verified and demonstrated by several videos that the control of the child's therapeutic action, that is Child Empowerment EMDR, in the implementation of the EMDR developed model works with a catalyst of the efficacy of the EMDR, as well, the participation of the parents, in a model of parental EMDR allows to optimize results by not only the execution of the Protocol of the EMDR, thus, by the implantation of the touch as a form of return, not only to safe place, but also to the set of experiences of bond lived along the growth of the child or young with those parents.

In this communication, new two models with clinical efficacy and scientific support are demonstrated in clinical practice, the Child Empowerment EMDR and the parental EMDR.

The whole approach we present in this communication is based on the evolutionary foundations of the EMDR developed model by Joanne Morris-Smith and Michel Silvestre.

In the relationship between children and parents there is the touch, the embrace, hugs, and several studies demonstrate the positive and stimulating effect, including at the neurophysiological level, that the touch and hugs between parents and children possesses.

In this process, the most important is characterized by being the child who performs the tapping procedure in EMDR developed model with the parents and who works the traumatic event or the bonding difficulties, with the use of touch and hugs as return, not only to the tranquil, safe place, but also to the set of primitive experiences stored in the relational process between the child and the parents, but now established in the present. With these two models it is verified that for existential and circumstantial traumatic events, there is a much faster resolution than in the more classical approach and this because we have the empowerment given to the child, in a security record, establishing more and better Links and also the systemic model of the family.

Regarding EMDR, this model of parental EMDR allows to remove, even more, the influence of the therapist in the resolution of the events that promote pain or suffering and include in its process large parts of the natural elements, that is, the parents and the child. Thus, it is the child who after the application of the phases of lifting of information and discomfort, with the help of the therapist, it self establishes the pace, duration and intensity of its desensitization and reprocessing, using for this the help of the parents and doing with their hands on his knees, that is Bilateral Touch movement (MBLT). Between sequences there is a phase where the parents and the child share hugs, that is, implement, not only the safety of safe place, but also, with the accesses to the traumatic event fulfilled and in the present, an experience of the ties and bonds established. It is known that the higher the quality of bonding the better the resolution of conflicts, anguish, fears or traumas.

As the main and educational objectives of this communication we have a several set of educational videos where it is explained the application of the protocol of the parental EMDR with the reinforcement and use of the links existing in the relationship between parents and children.

Another goal is to teach and check through several videos that it is possible to assign, after teaching, the child empowerment EMDR, in the reprocessing of fear, discomfort or anguish of the child, using EMDR and in particular with the use of parental EMDR associated with Child empowerment EMDR

Another objective is to introduce the strengthening of systemic influence in the resolution of traumatic disorders, that is, the participation of the family as a psychotherapeutic regulator of various situations in the child.

Another objective is to demonstrate that the therapist in EMDR may only be a supervisor of the effects or procedures and not the execution.

As a final objective we have the demonstration of the application of these two types of protocols for the EMDR in different clinical situations.

Abstract

**Title – Child Empowerment EMDR link with Parental EMDR and hugs, a new method to improve attachments and trauma events in children.**

Veloso, João (1) & Gomes, Luis (2)

Summary | Abstract: The possibility of assigning control of psychotherapeutic processes to children, allows, when supervised, to create conditions for the resolution of traumatic events in a more natural and structured way. In this context was developed a new protocol of Child empowerment EMDR that associated with the new protocol of parental EMDR allows, through several educational videos, to confirm the effectiveness of these new intervention procedures with EMDR. The structuring of application and integration of these protocols is based on the EMDR developed model by Joanne Morris-Smith and Michel Silvestre. The application of these two new models associated themselves to strengthen the bonds and stimulation with hugs, allow to strengthen, not only the power of the safe place of the Protocol EMDR developed model, as well as triggering an increase in stimulation and bonds in the child that are essential resources for the resolution of memories, cognitions, sensations or traumatic images. Through the visualization of several clinical and educational videos it is possible to verify the application of these two protocols in different clinical contexts and to confirm the power that it has in the resolution of different clinical situations.

Key words: Protocols, empowerment, attachment, EMDR, parental, children, hugs.

References

Archer, C & Burnell, A. (2003) *Trauma, Attachment, and Family Permanence: Fear Can Stop You Loving*, Jessica Kingsley Publishers.

Lovett, J. (1999) *Small Wonders: Healing childhood trauma with EMDR*. New York: The free press.

Morris-Smith, J & Silvestre, M. (2014) "EMDR for the Next Generation: Healing Children and Families." 2nd edition.

Parnell, L et al (2013. ) *Attachment-Focused EMDR: Healing Relational Trauma*, W. W. Norton & Company.

Koole, Sander L.(2009) 'The psychology of emotion regulation: An integrative review', *Cognition & Emotion*, 23: 1, 4 — 41

Reis H. T., Patrick B. C. (1996). Attachment and intimacy: Component processes. In Higgins E. T., Kruglanski A. W. (Eds.), *Social psychology: Handbook of basic principles* (pp. 523-563). New York, NY: Guilford Press

Authors: Veloso, João (1) & Gomes, Luis (2)

1-Centro de Trauma - Universidade de Coimbra e SAMS - Centro Clinico de Lisboa; Private Practice

2-Hospital da Luz - Clínica Amadora, Private Practice

Both the Authors are Certified EMDR Therapists and Certified EMDR Therapists for Children and Adolescents

Personal data of the author of this summary: Email address: [jfveloso1@sapo.pt](mailto:jfveloso1@sapo.pt)

