**Integrating EMDR and Play Therapy with Children**

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**Objectives:**

1. Participants will construct a framework of how to integrate prescriptive play therapy within the AIP model with an emphasis on how play allows for the full body learning that is developmentally appropriate for younger children.
2. Participants will implement a play-based trauma history script.
3. Participants will practice a 2 play-based approaches to installing resources in the preparation phase.
4. Participants will explain 2 ways of inviting and guiding play narratives that titrate the approach to traumatic material during assessment, desensitization and reprocessing phases.

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**Play based Resource development and installation (RDI):**

**Positive Cognition Sword fight exercise**

**Directions:** take turns as the therapist and client in pairs

Therapist asks:

1. **What positive belief do you need more of?** Can offer some suggestions for RDI –
   * I can handle it
   * I am strong
   * I am good enough
2. Therapist and client practice the sword fight installation. Client will hit the therapist’s sword as hard as they want while saying the positive belief. They may not hit the therapist (!)
3. Therapist moves their sword bilaterally across the client’s field of vision with large movements so the client will track and move back and forth. Remind client to say the statement (clients should use their native language, it will be more powerful and personal)

Then, cue with disturbance:

1. **What is a recent challenge where you needed more of that belief?**

Examples for the workshop:

* Work place challenge
* Catching up on paperwork
* Challenging client
* Personal or parenting challenge but NOT connected to trauma

1. Therapist and client practice the sword fight again, but this time the therapist gives the challenge/trigger phrase: i.e., “you are late with your paperwork”
2. Repeat within the window of tolerance, encouraging more activation and excitement.

Adapted by Ann Beckley-Forest, inspired by P. Goodyer-Brown’s *Worry Wars* (2010)