

Different Zones of Arousal

HYPERAROUSAL ZONE

Unsafe, racing thoughts, can't think clearly, fast talking, "out of seat behavior", bouncy, hyper, panic, impulsive, raging (Hulk), lots of strong feelings coming forward, distracted



Tools to Use for Hyperarousal and Hypoarousal

Calming sensory input, deep breathing, safe place, lightstream, scents/oils with calming smells, butterfly hug, creative arts material, mindful eating/walking

OPTIMAL AROUSAL ZONE

Safe, right here, calm, and curious, be here now, in the moment, can enjoy the moment, laughing



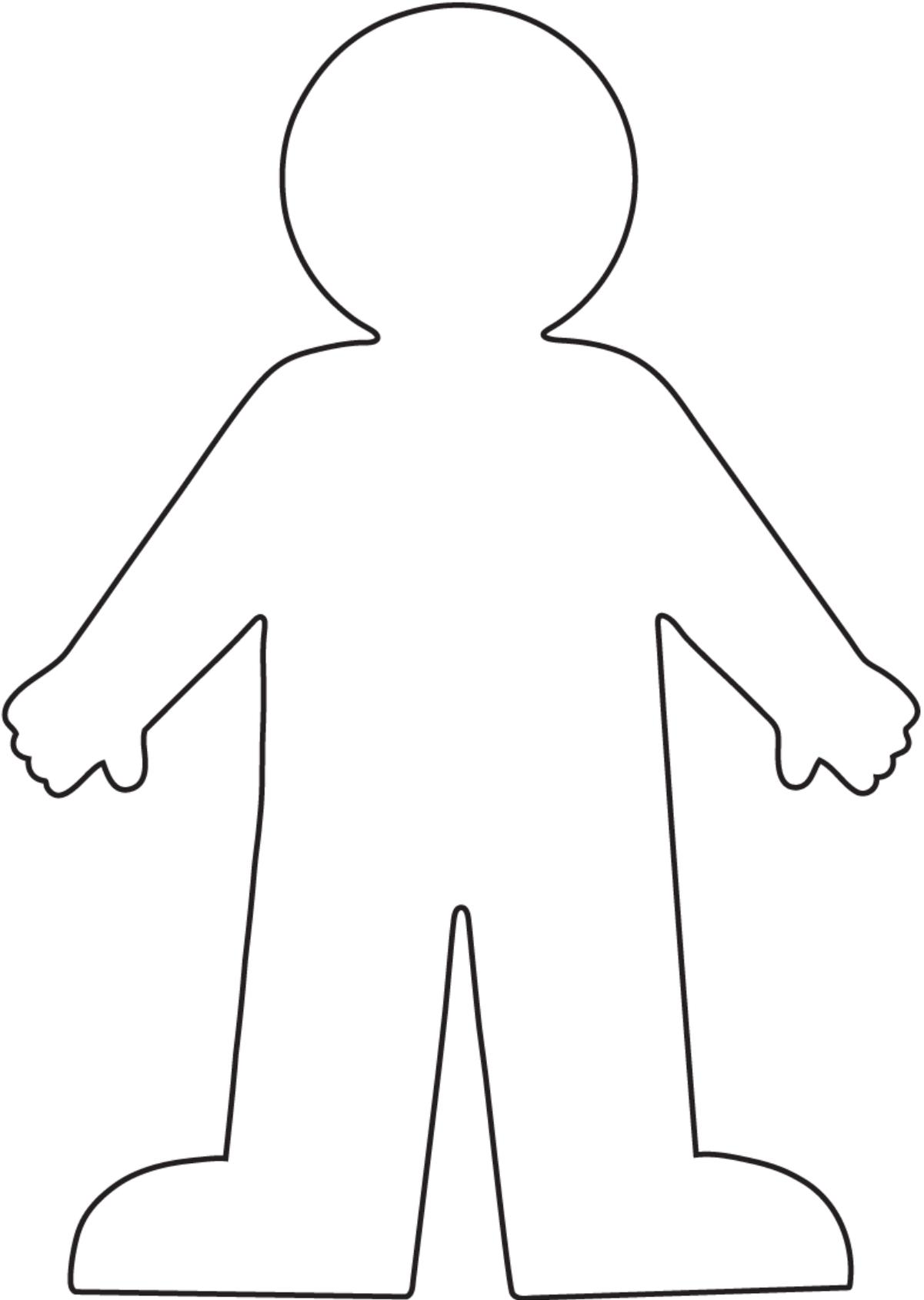
Safe, present moment awareness, right here, right now, feel open and curious

HYPOAROUSAL ZONE

Feeling "blah", "numb", spacey, no energy, bored, sad, robot, depressed, shut down, zoned out, checked out. No feelings coming forward, don't care. "Whatever", can't think.



Awakening sensory input, physical movement interventions: Sword, laughing yoga, wood chop pose, scents/oils with strong smells, light stream child style, drumming, instruments



Turtle: Hiding/Avoiding Conflict

I hide because I am afraid.

Avoiding any conflict, the Turtle never leaves the comfort of his own shell.

"I am going to hide! I am scared! I don't want to argue or talk about anything"

Clownfish: Hiding/Avoiding Conflict

I cannot leave my Sea Anemone or something bad will happen.

The Clownfish can't find any peace or happiness outside the Anemone.

"I know I am safer in here. Only the worst waits for me outside my home. I will get hurt on the outside."

Rattlesnake: Protective

I want to shut out others from being a part of my world.

The Rattlesnake wants to repel others and shut out even kind and helpful individuals.

"Stay away! I won't let anyone get close to me!"

Skunk: Protective

I want to shut out everyone from my life, no hurts then.

The Skunk is so protective of their feelings it wants to repel others to eliminate any chance of pain.

"Stay away! You might hurt me! You will regret coming near me!"

Kangaroo Joey: Clingy/Anxious

Even though I am too old for this much dependence I can't leave my caregiver. My mom is what's safe.

The Kangaroo Joey is too old for their mother's pouch but will not leave. Acting 3 times younger than their age feels comforting to the Kangaroo Joey.

"I want to stay with you all the time! It's safer here"

Dependent Bird: Clingy/Anxious

I won't leave my caregiver because the outside is just too risky.

The Bird that will not leave the nest is too scared to try things on their own.

"I can't leave now I need you! It's not safe out there!"

Chameleon: Blending In

I want to be just like everyone else. I will change everything about myself to not be noticed.

The Chameleon will change color with their surroundings to essentially become invisible.

"I don't want to be noticed as I can keep safe when I do that. I want to be invisible."

Moth: Blending In

I want to blend in with my surrounding to stay under the radar. This is how I avoid getting hurt.

The Moth appears to morph into the Tree Barks will change color with their surroundings to not be noticed.

"I look like nobody now or like everyone else"

Shark: Angry/Mad

I am always mad or upset.

The Shark tries to make others afraid of their presence.

Intimidating others is their form of protection

"I will hurt you before you hurt me!"

Gorilla: Angry/Mad

I tend to feel angry and mad.

The Gorilla intimidates and threatens others. They like when people feel scared or afraid of them.

"I won't let you hurt me! I can hurt you worse!"

Peacock: Seeking Spotlight

I tend to show off to others.

The Peacock feels that people do not acknowledge them or value them. They try to catch the attention from others to make up for it.

"Look at me! Look at me!"

Parrot: Seeking Spotlight

I will do anything to be seen.

The Parrot feels they go unnoticed, so they do a lot of things to make up for the lack of attention.

"But watch me do this! How about this! I can also do this!"

Panda: People Pleasing

I will please others to be liked.

The Panda will do whatever others ask of them even at their own expense. They live to be loved.

"I am cute, sweet and I won't make you upset. Just love me"

Golden Retriever Puppy: People Pleasing

I will do anything to help others out so they like me.

The Golden Puppy is easy going and just wants to be loved.

"I will do whatever you need me to do. I am good puppy"

Penguin Parent: Live to Rescue Others

I will take care of others or rescue others so I feel good and you continue to love and need me.

The penguin has babies that they are very protective of. They will spend their life taking care of their babies and give up their own needs for them.

"I am here for you. I will take care of you!"

St. Bernard Guide Dog: Live to Rescue Others

I will rescue others to make them happy.

The St. Bernard Guide Dog is very protective of people. They care for others and put the lives of others above their own.

"I can care for you. I will provide what you need!"

Rodeo Bull: In Control

I am in total control.

The Bull keeps control of who is riding them at all times. If they want the cowboy off, they will buck them off right away.

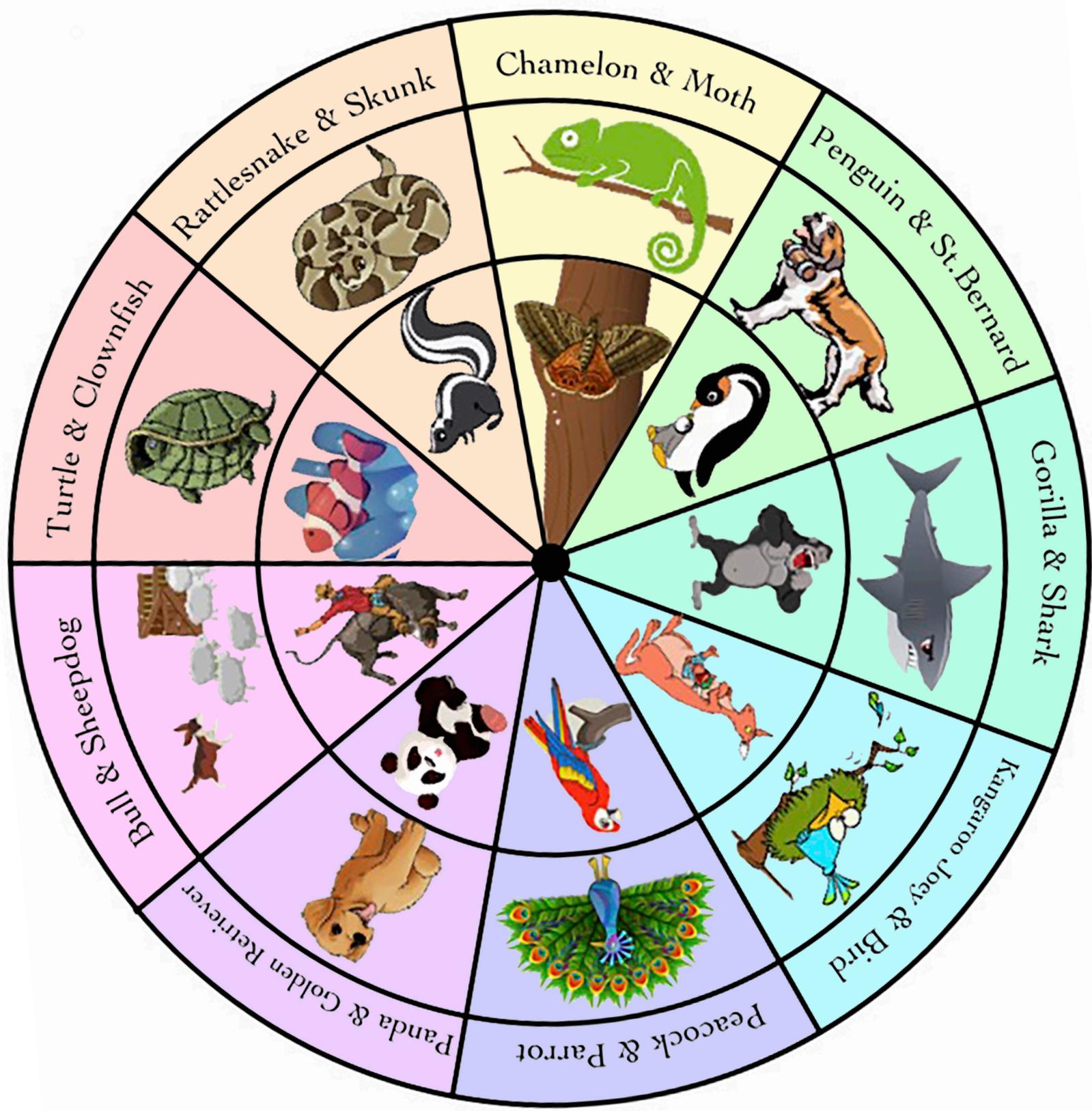
"I am safer when I have control of you! You might hurt me!"

Sheep Dog: In Control

I feel safer when I can herd the sheep. Being in control gives me the peace I need.

The Sheep Dog is in complete control of the large herds of sheep. Being in control makes them feel safe.

"I have to keep everything under control to feel safe."



“Popcorn Night”

It is important that right after an EMDR session, the child experiences an easy going, relaxing evening which is why I termed it popcorn night. If possible, no homework, no fights, or room cleaning.

Following an EMDR session, your child may feel and experience different emotions. Some children feel good and are more relaxed and calmer! Here are some other normal feelings and reactions that usually last 1-2 days:

- Tired for the rest of the day or more than normal talkative
- Physical reactions (e.g., a headache, stomach-ache)
- Significant crying spells, temper tantrums, emotional or agitated
- Might say “I don’t feel right, something seems wrong or different”
- Child says “I don’t want to go back to therapy”
- May act younger than they are, whining and young child-like behaviors
- Short-term lack of concentration- can’t follow your direction or seems confused
- Child may talk like they are spacey, in a fog or don’t hear you or respond
- Child has nightmares or may have more vivid dreams or other memories come up
- Clingy, scared, quiet or they feel like something bad is going to happen



What you can do? Make popcorn!

Caregivers, parents should do everything possible to be soothing and attentive to the child. Expect and be prepared for these reactions and try your best not to get frustrated or angry. It might worry you to see your child regress but my experience is that children are back to normal (and better) in a day or two.

Options:

- Prepare a favorite meal for your child, make popcorn or a favorite snack
- Hold them or let them sit close to you
- Physical soothing: hugs, rub their back, rub their feet, touch their hair
- Let them rest or watch TV or play video games
- Tell them they did a good job in therapy and you are proud of them

What do you think would help your child tonight or this week?

Over the next week, record in your phone or on paper, the following: your child’s statements, feelings, or thoughts, regressed behaviors, improved behaviors (can be less of a behavior), body sensations, and dreams, nightmares or other memories that come up.

Please record your child's experience by filling in the chart below and bringing it to the next session.

Day	Changes in feelings, thoughts	Dreams/ Nightmares	Body Sensations/ Pains	Improved Behaviors	Regressed Behaviors	Interaction with others	Other Memories	Insights
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

Re-Evaluation Phase: Next Sessions Questions

After you left the session, how was your child that night? Quiet, energetic, withdrawn?

During the week:

Issues, with sleep (up during the night, difficulty falling asleep)? Any dreams or nightmares? Bed Wetting?

Behaviors better, about the same, or worse?

Did they follow rules better, or give you less of a problem on any day during the week?

I know maybe the behaviors might still continuing but was there any moment they were cooperative? Nice to siblings?

What physical symptoms did they have that night or during the week that was different from the usual? Stomach issues? Headaches?

Any temper tantrums? Did the temper tantrums last as long as they normally do, less or more?

Crying or unusual behavior? More clingy, anxious, worried?

What has school reported this week? Any calls or notes from the school?

Friends: did things seem better with friends, worse, or about the same?

Did they have any new memories come up or talked about something that bothered them that you didn't know about?

Has there been any new event in your families' life that I should know about? Anyone move out, cancelled visits from another parent, sickness, housing issues, personal events of the parents.