

# A Terrified Little Boy

Attachment issues – phase 1. Securely attached child. Talks freely, makes good eye contact, is comfortable with father in the room. Breaks contact when the traumatic event or his fears are mentioned. Looks away, becomes jumpy, won't talk. Regressive behaviors.

Calms when the subject is changed, or turned into a game; when his father touches or speaks with him. Trusts the therapist

Neuropsychological – Is generally in the area of safety with positive emotional channels activated. He generally has appropriate regulation of affect. The fear throws him into flight reactions, out of his window of tolerance. He becomes jumpy, nervous, does anything to escape the bad feeling, the fearful stimulus.

Regressive behaviors

AIP - Many good resources with good reparatory flow. Except for this fear, he is not easily triggered. A child who's described as pleasant, easy to get along with.

Traumatic memory of unbearable fear is frozen, separated from his other positive resources, takes him out of his window of tolerance, the place where he can process the traumatic event.

### Treatment planning and the EMDR Protocol

Father in room, participating, as the main comfort source

Phase 2 preparation – may be relatively short; must concentrate on bringing him to feel he has ability to contain and control his fear. Reconnect to age appropriate strengths. Games - ex CIPOS for children; accessing the fear-throwing a ball and noticing how the fear changes;

Phase 3 and 4: Using father's presence and touch to accompany the child through the processing phase.

Phases 5-7-Continue anchoring the body feeling of relational safety

Father a constant presence during processing. Therapist emphasizes relationship safety throughout the protocol

Therapist continues anchoring body perception of safety

### Developmental milestones

His fear has led to a regress into earlier developmental stages. –loss of trust in the world he lives in; his ability to be independent and take initiative.

Stage 8 – evaluation – we'll check to see if he has regained the ability to function according to his developmental stage.