

# MY CORONAVIRUS HELPING BOX (EMDR VERSION)



**ANA M GOMEZ**

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**DESIGNED BY SERGIO AGUIRRE**



## HOW TO USE THIS WORKBOOK:

1. THIS BOOK USES EMDR THERAPY PROCEDURES AND SHOULD BE GUIDED BY A TRAINED EMDR PROFESSIONAL.
2. THIS IS A BOOK THAT IS EASY TO FOLLOW. IT IS USED TO INCREASE CHILDREN'S CAPACITY TO COPE WITH CHALLENGING EMOTIONS TRIGGERED BY THE CURRENT PANDEMIC.
3. THE MAIN GOAL OF THIS BOOK IS TO BUILD RESILIENCY AND SUPPORT CHILDREN IN NEED OF RESOURCES.
4. IF THE CHILD REPORTS NEGATIVE EMOTIONS AFTER IDENTIFYING A RESOURCE, SKIP THAT RESOURCE AND GO TO THE NEXT ONE.
5. IF THE CHILD CONTINUES TO REPORT NEGATIVE EMOTIONS, ADDRESS THE CHALLENGING EMOTIONS AND FIND A MORE APPROPRIATE RESOURCE THAT CAN BRING THE CHILD BACK TO EMOTIONAL BALANCE. PLEASE STOP USING THE EXERCISES PROPOSED IN THIS BOOK IF THE CHILD CONTINUES TO EXPERIENCE NEGATIVE EMOTIONS.
6. WHEN USING THE DIFFERENT FORMS OF BILATERAL STIMULATION (BLS), ASK THE CHILD TO DO THEM SLOWLY AND ABOUT 8 TO 12 SETS.
7. PARENTS MAY BE INVITED TO ACCOMPANY THEIR CHILDREN AND HELP THEM CREATE THEIR CORONAVIRUS HELPING BOXES.
8. THE NAMES GIVEN TO THE VARIOUS FORMS OF BILATERAL STIMULATION WILL CHANGE AS WE GO INTO PROCESSING PHASES OF EMDR THERAPY. FOR INSTANCE, THE CALMING DRUMMING WILL BE CALLED THE SORTING OUT DRUMMING.





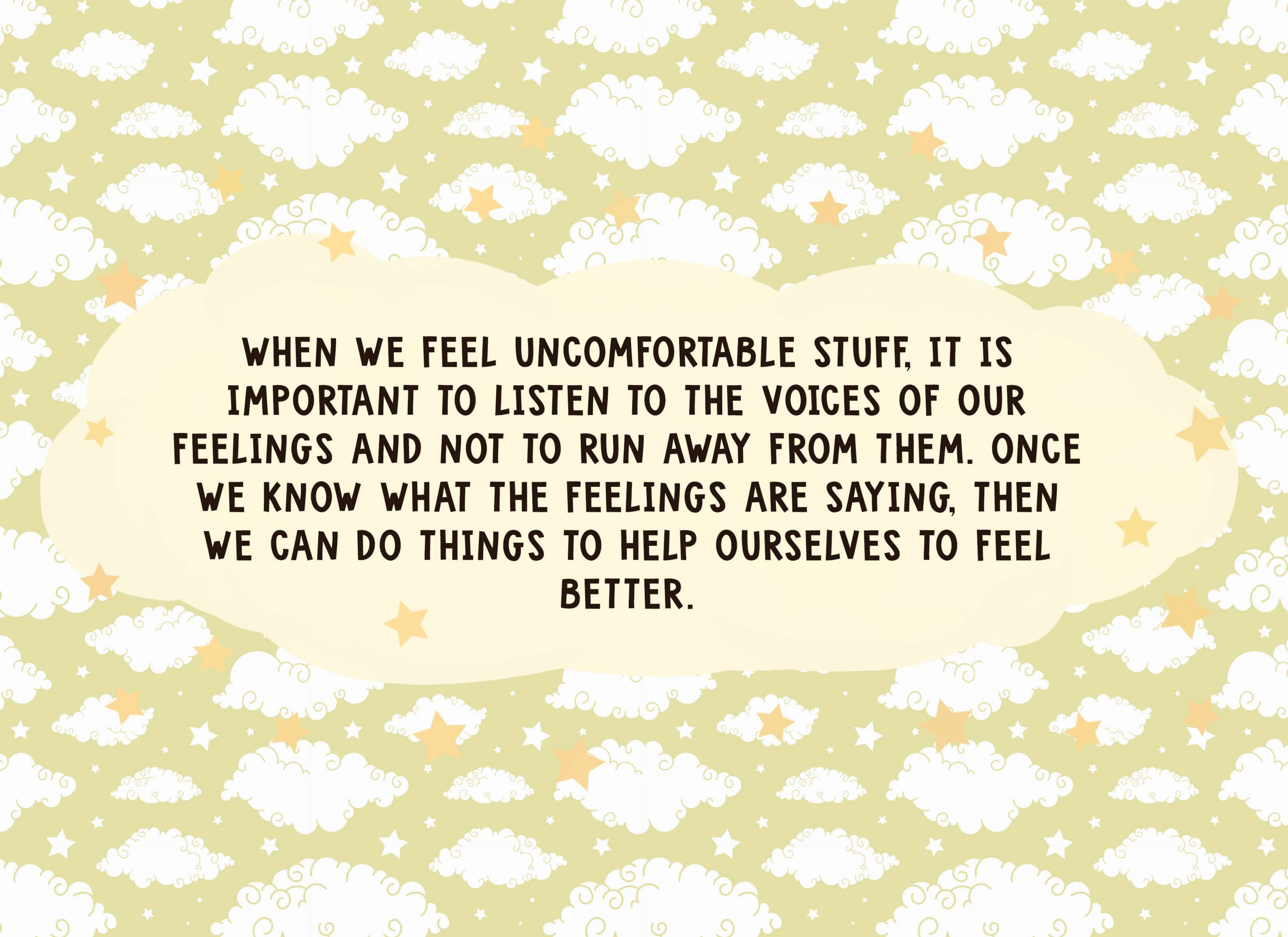
**THE CORONAVIRUS HAS COME TO  
OUR PLANET BRINGING LOTS OF  
FEELINGS, MIXED-UP THOUGHTS  
AND TENSION IN OUR BODIES.  
WE MAY BE WORRIED ABOUT  
OURSELVES AND THE PEOPLE  
THAT WE LOVE.**



**EMDR THERAPY IS SOMETHING THAT HELPERS DO TO HELP KIDS, TEENS AND GROWN-UPS THAT ARE HAVING BIG MIXED-UP FEELINGS, BOTHERING THOUGHTS AND UNCOMFORTABLE SENSATIONS IN THEIR BODIES.**







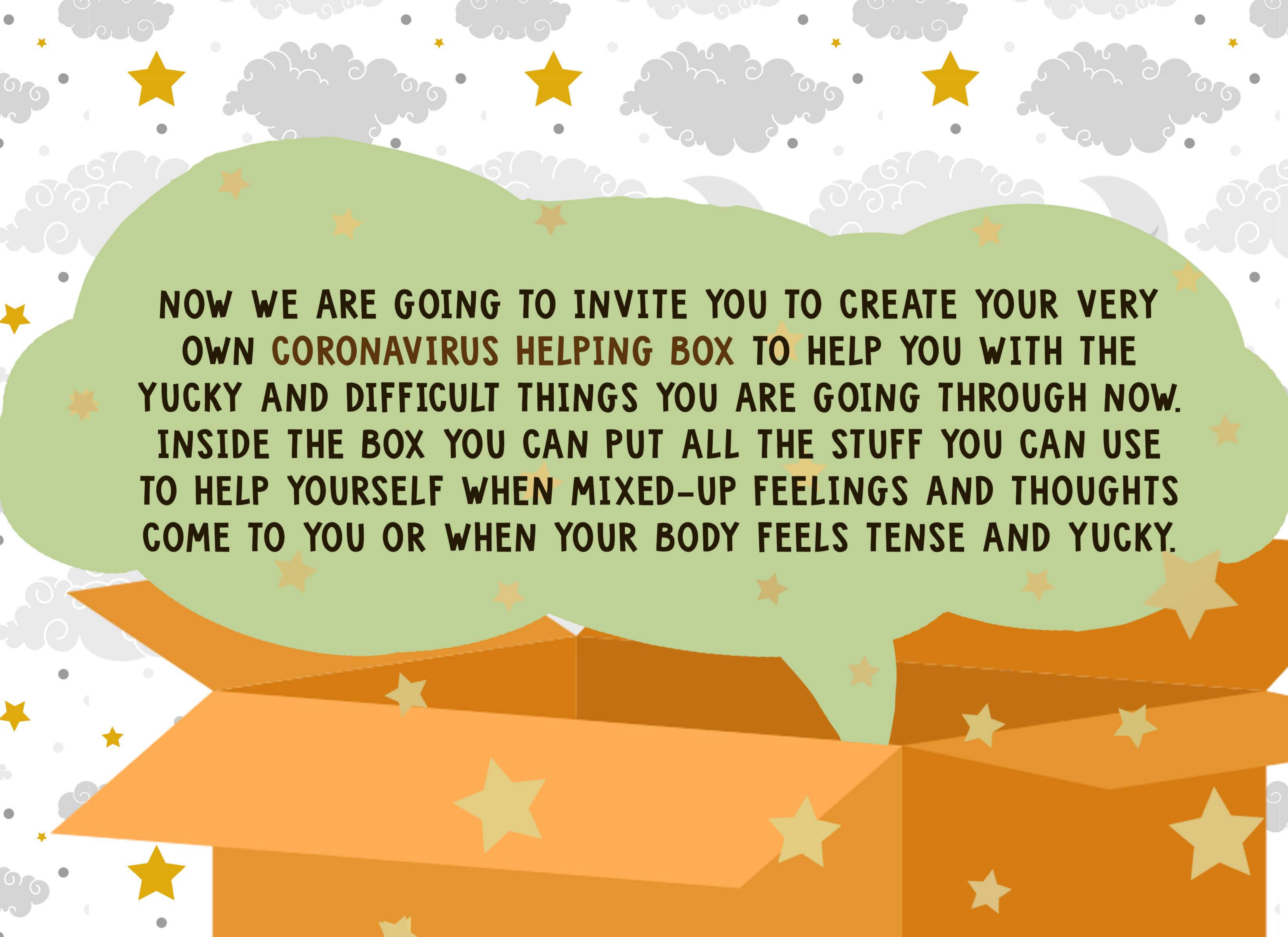
**WHEN WE FEEL UNCOMFORTABLE STUFF, IT IS IMPORTANT TO LISTEN TO THE VOICES OF OUR FEELINGS AND NOT TO RUN AWAY FROM THEM. ONCE WE KNOW WHAT THE FEELINGS ARE SAYING, THEN WE CAN DO THINGS TO HELP OURSELVES TO FEEL BETTER.**



**NOW LET'S DRAW A PICTURE OF THE THINGS THAT FEEL YUCKY OR ARE DIFFICULT FOR YOU NOW.**





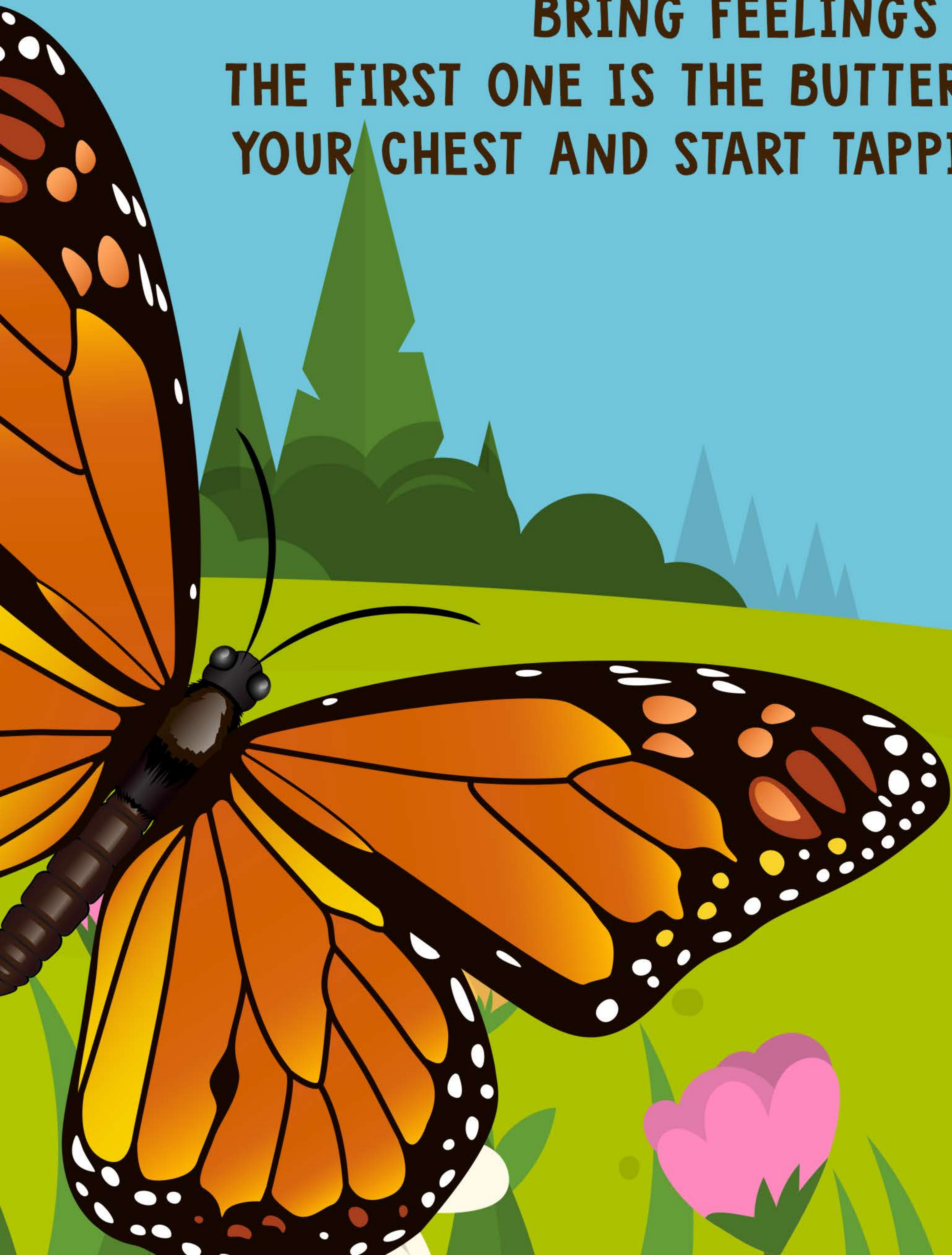


**NOW WE ARE GOING TO INVITE YOU TO CREATE YOUR VERY OWN CORONAVIRUS HELPING BOX TO HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU ARE GOING THROUGH NOW. INSIDE THE BOX YOU CAN PUT ALL THE STUFF YOU CAN USE TO HELP YOURSELF WHEN MIXED-UP FEELINGS AND THOUGHTS COME TO YOU OR WHEN YOUR BODY FEELS TENSE AND YUCKY.**



**BEFORE WE BUILD OUR BOX, LET'S LEARN DIFFERENT WAYS OF DOING EMDR STUFF TO HELP OUR MINDS, HEARTS AND BODIES BRING FEELINGS BACK THAT FEEL GOOD.**

**THE FIRST ONE IS THE BUTTERFLY DANCE: CROSS YOUR HANDS ON YOUR CHEST AND START TAPPING BACK AND FORTH REALLY SLOW.**



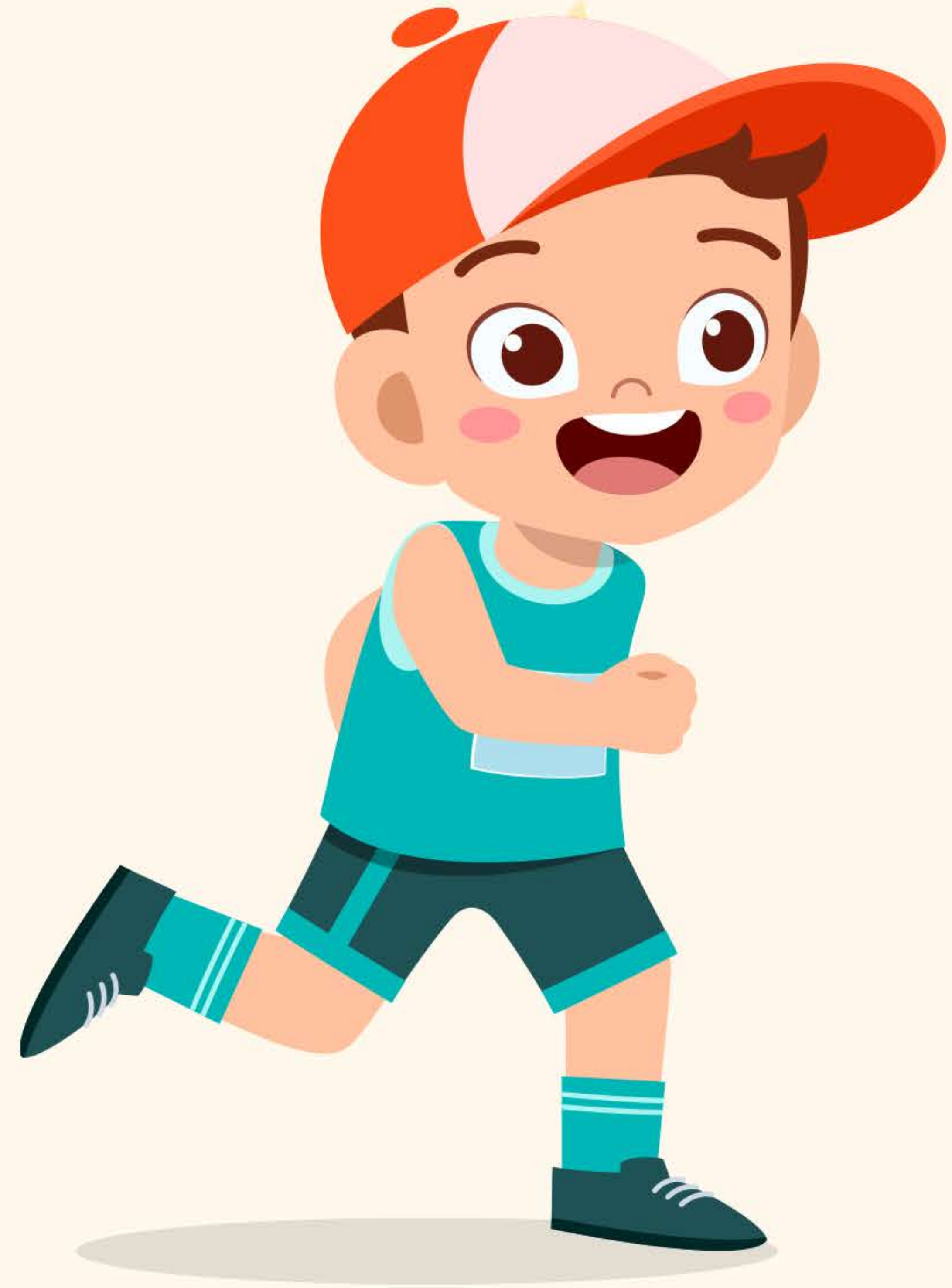




**THE SECOND ONE IS THE GORILLA DANCE: TAP YOUR CHEST BACK AND FORTH LIKE THE GORILLA, REALLY SLOW.**



**THE THIRD THING WE CAN DO IS THE  
HAPPY MARCH: STOMP YOUR FEET OR  
MARCH AROUND.**

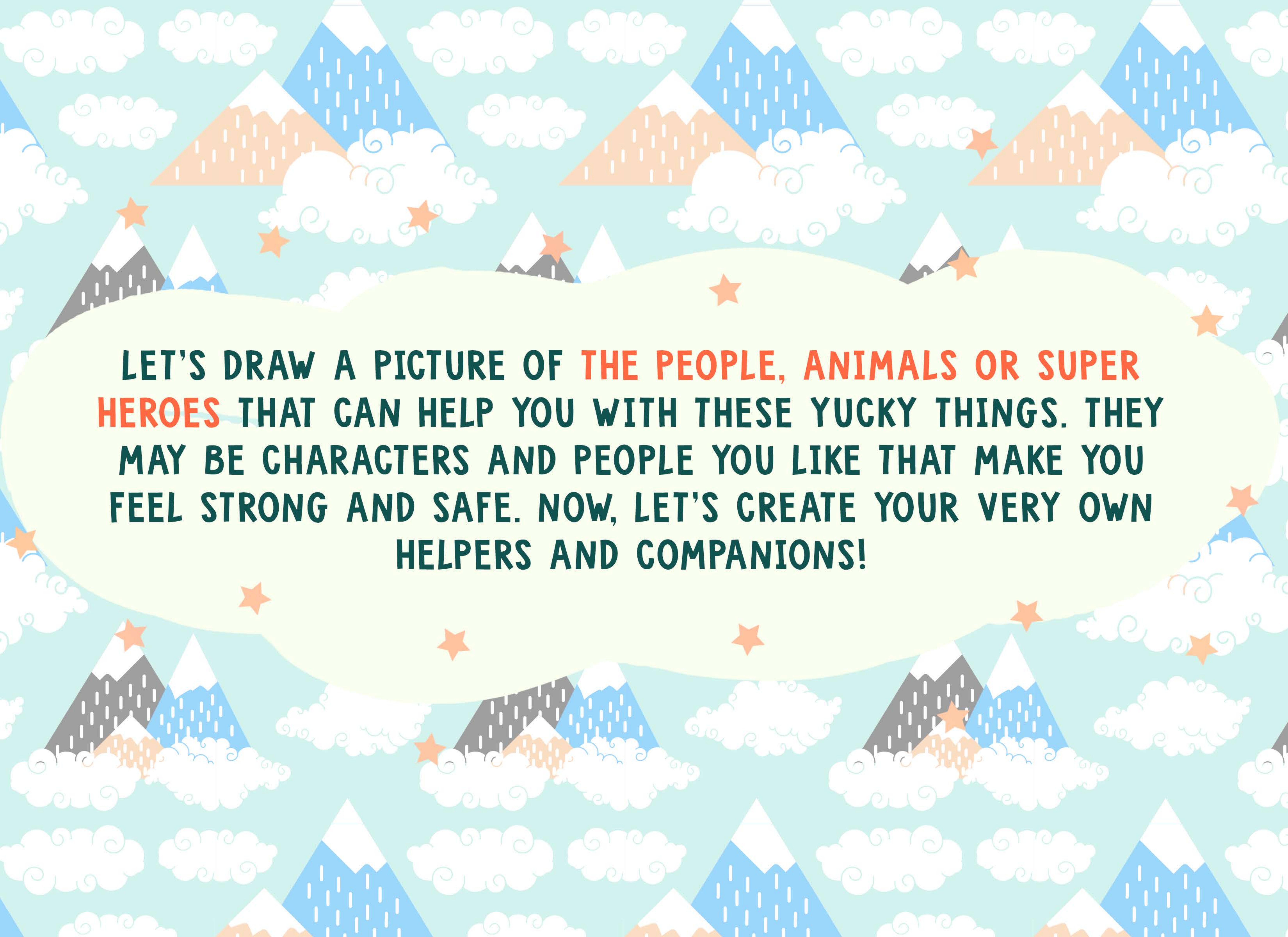


**AND THE LAST ONE IS THE  
CALMING OR HAPPY DRUMMING:  
DRUM ON A TABLE OR THE FLOOR  
WITH YOUR HANDS, REALLY SLOW.**




**NOW WE ARE READY TO START!!**





**LET'S DRAW A PICTURE OF THE PEOPLE, ANIMALS OR SUPER HEROES THAT CAN HELP YOU WITH THESE YUCKY THINGS. THEY MAY BE CHARACTERS AND PEOPLE YOU LIKE THAT MAKE YOU FEEL STRONG AND SAFE. NOW, LET'S CREATE YOUR VERY OWN HELPERS AND COMPANIONS!**





**HOW ARE YOU FEELING AS YOU THINK  
ABOUT YOUR HELPERS AND COMPANIONS?  
LET'S DRAW A PICTURE OF YOUR FEELINGS!**






**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS INSIDE YOU?**

**NOW, LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING WHILE YOU THINK ABOUT YOUR TEAMMATES FOR JUST A LITTLE WHILE! NOW, LET'S PUT THE PICTURE OF YOUR HELPERS INSIDE YOUR HELPING BOX!**

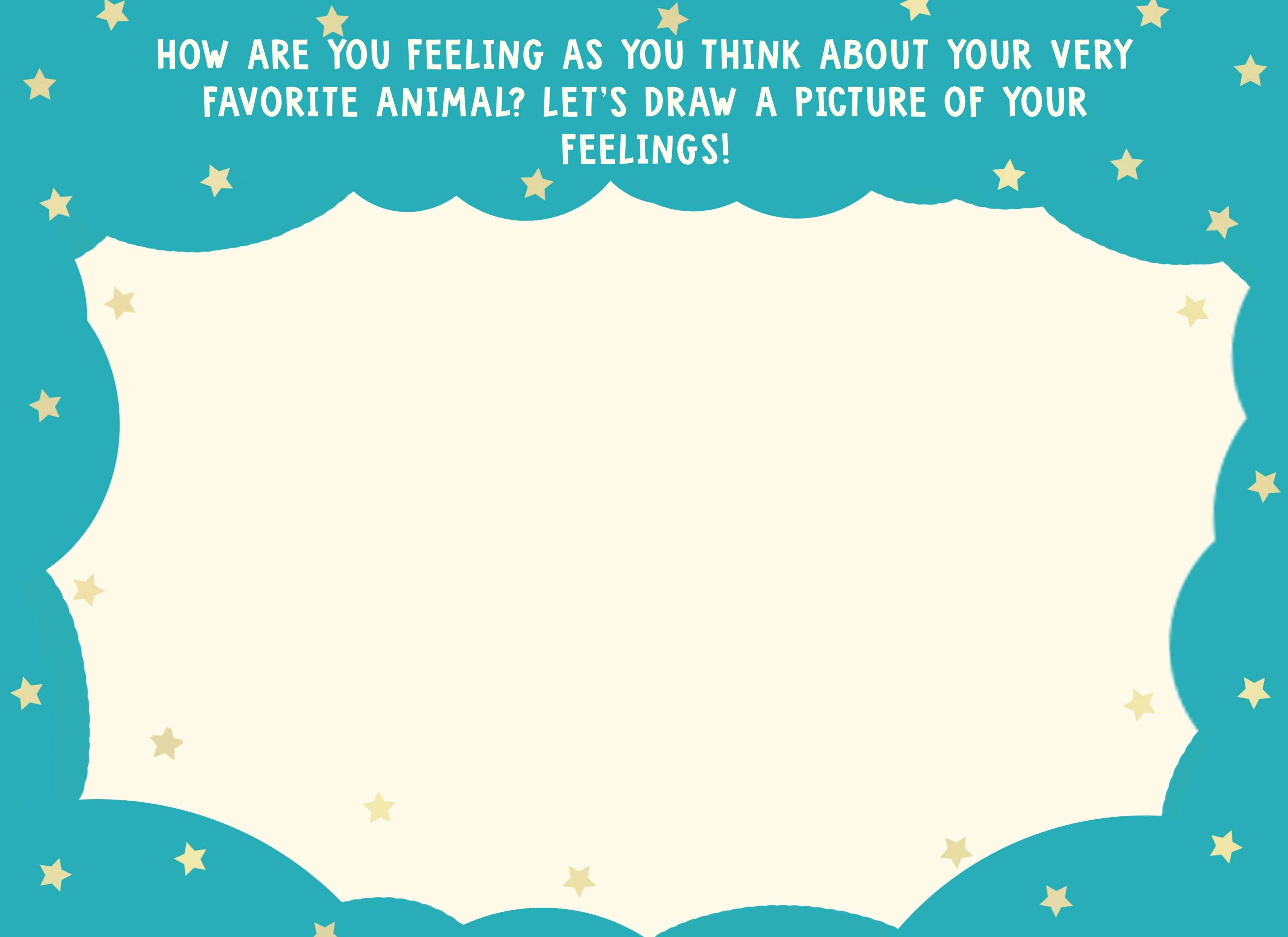




LET'S FIND YOUR VERY FAVORITE ANIMAL. THIS CAN BE YOUR ANIMAL COMPANION THAT CAN HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU MAY BE GOING THROUGH NOW. THINK ABOUT THE ANIMAL THAT HELPS YOU FEEL SAFE, STRONG OR PROTECTED. YOU CAN DRAW A PICTURE OR JUST IMAGINE IT!

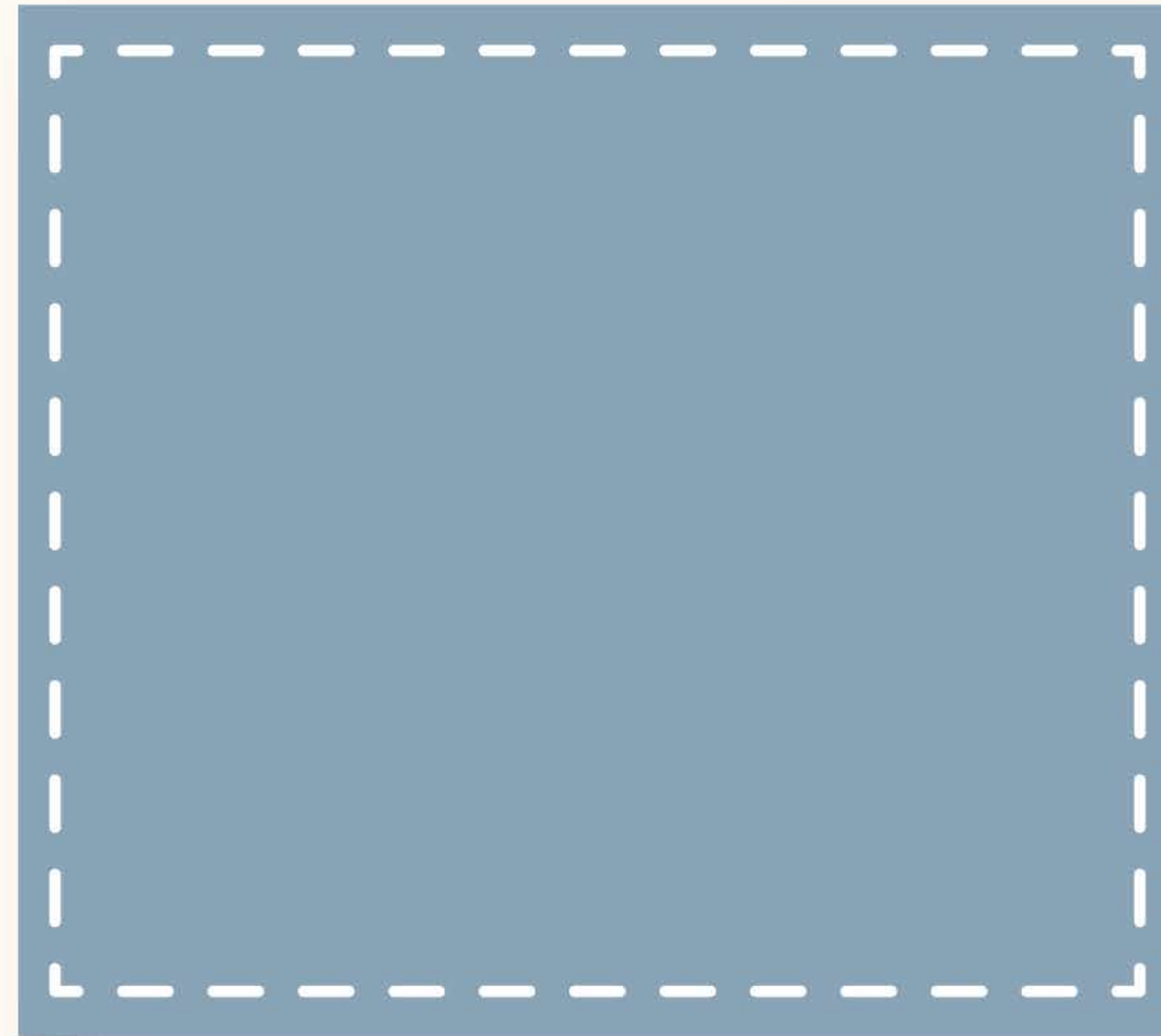


HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY FAVORITE ANIMAL? LET'S DRAW A PICTURE OF YOUR FEELINGS!





**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?**



**NOW LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING AS YOU IMAGINE YOUR FAVORITE ANIMAL **FOR JUST A LITTLE WHILE!!!****

**NOW, LET'S PUT THE PICTURE OF YOUR FAVORITE ANIMAL INSIDE YOUR HELPING BOX!**



**LET'S FIND YOUR VERY FAVORITE SONG. WE CAN HUM,  
WE CAN DANCE OR WE CAN SING.  
HOW ARE YOU FEELING AS YOU SING OR DANCE WITH  
YOUR VERY FAVORITE SONG? LET'S DRAW A PICTURE  
OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?  
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE  
THESE FEELINGS?**





**NOW, LET'S USE THE BUTTERFLY HUG,  
THE GORILLA DANCE, THE HAPPY  
MARCH OR THE CALMING DRUMMING  
WHILE YOU SING OR DANCE TO YOUR  
FAVORITE SONG!**

**NOW, LET'S PUT THE PICTURE OF YOUR  
FAVORITE SONG OR DANCE INSIDE  
YOUR HELPING BOX!**



LET'S FIND YOUR VERY FAVORITE COLOR. THE COLOR THAT  
MAKES YOU FEEL GOOD AND CALM.

ONCE YOU HAVE YOUR FAVORITE COLOR, LET'S DO **COLOR  
BREATHING** AND BREATHE THE AIR PAINTED WITH YOUR VERY  
FAVORITE COLOR. KEEP BREATHING UNTIL YOUR WHOLE BODY  
IS FULL OF YOUR FAVORITE COLOR AND THE NICE HAPPY OR  
CALMING FEELINGS.



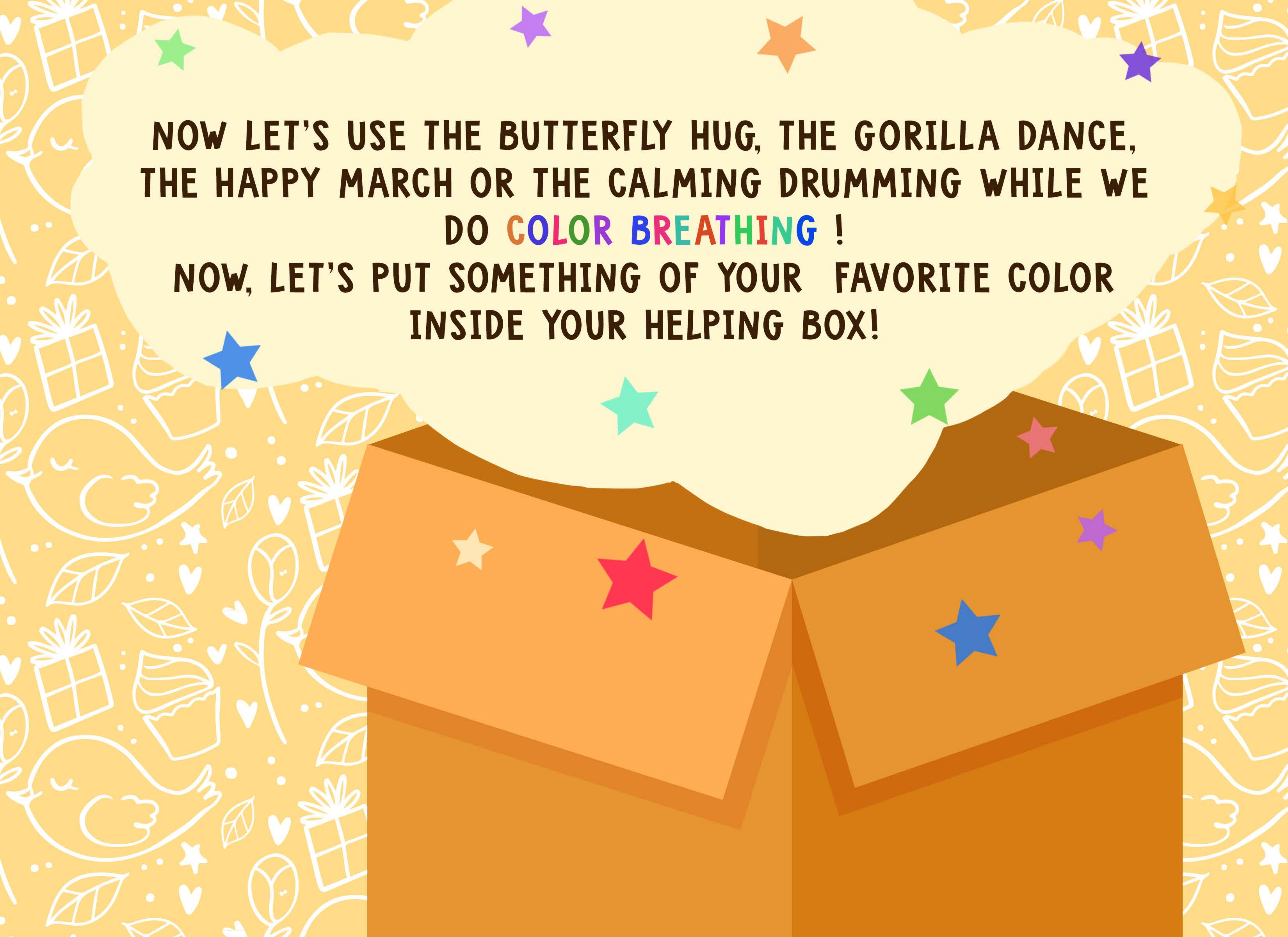




**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR FAVORITE COLOR? LET'S DRAW A PICTURE OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?**



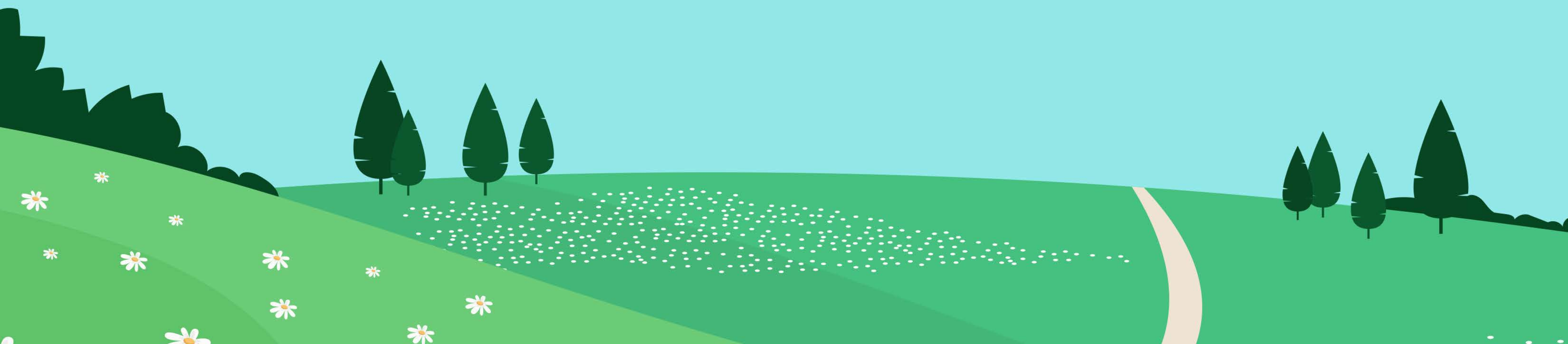


**NOW LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE,  
THE HAPPY MARCH OR THE CALMING DRUMMING WHILE WE  
DO COLOR BREATHING !**

**NOW, LET'S PUT SOMETHING OF YOUR FAVORITE COLOR  
INSIDE YOUR HELPING BOX!**



**LET'S FIND YOUR VERY FAVORITE  
SEASON. IS IT SUMMER? IS IT FALL? IS  
IT WINTER? OR IS IT SPRING?  
ONCE YOU HAVE YOUR FAVORITE SEASON,  
LET'S DRAW A PICTURE OF IT.**







**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY FAVORITE SEASON? LET'S DRAW A PICTURE OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?  
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE  
THESE FEELINGS?**





NOW LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING WHILE YOU IMAGINE YOUR FAVORITE SEASON FOR JUST A LITTLE WHILE!!

NOW, LET'S PUT A PICTURE OF YOUR FAVORITE SEASON INSIDE YOUR HELPING BOX!







**LET'S FIND YOUR VERY OWN HEART SONG. YOU CAN  
SING AND SING FROM YOUR HEART UNTIL THE  
SOUNDS OF YOUR HEART SONG GET TO THE HEART OF  
ANYONE THAT YOU MISS AND WANT TO BE CLOSE TO.  
NOW LET'S DRAW A PICTURE OF YOU, YOUR HEART  
SONG AND THE PEOPLE THAT YOU MISS.**





**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR HEART SONG REACHING THE HEARTS OF YOUR LOVED ONES? LET'S DRAW A PICTURE OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?**



**NOW, LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING AS WE USE OUR HEART SONG AND FEEL CLOSE TO THE PEOPLE WE LOVE!  
NOW, LET'S PUT YOUR HEART SONG INSIDE YOUR HELPING BOX!**







**LET'S FIND A PLACE WHERE YOU FEEL SAFE,  
CALM OR HAPPY. THIS MAY BE A PLACE IN YOUR  
IMAGINATION OR ONE WHERE YOU HAVE BEEN.  
LET'S DRAW A PICTURE OF THIS PLACE!**



The background is a vibrant green with stylized rolling hills. It is decorated with various elements: white daisies with yellow centers, orange flowers, and a purple and white butterfly. There are also some dark green leaves and small dark green spots scattered throughout.

**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR  
SAFE-HAPPY PLACE? LET'S DRAW A PICTURE OF YOUR  
FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN  
YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE  
FEELINGS?**






**NOW, LET'S USE THE BUTTERFLY HUG, THE GORILLA  
DANCE, THE HAPPY MARCH OR THE CALMING  
DRUMMING AS YOU THINK ABOUT YOUR  
HAPPY-CALM-SAFE PLACE!**

**NOW, LET'S PUT YOUR HAPPY-CALM-SAFE PLACE  
INSIDE YOUR HELPING BOX!**





**NOW YOU HAVE YOUR VERY OWN CORONAVIRUS HELPING BOX. IF YOU HAVE MIXED-UP FEELINGS AND THOUGHTS OR YOUR BODY FEELS YUCKY OR TENSE, YOU CAN GO TO YOUR BOX AND USE ALL THE “POWERS” THAT YOU HAVE TO HELP YOURSELF.**



**WE MUST REMEMBER THAT  
EVEN WHEN WE HAVE  
MIXED-UP FEELINGS, THOUGHTS  
AND BODY SENSATIONS, THERE  
ARE THINGS THAT WE CAN DO  
TO HELP OURSELVES.  
DON'T FORGET THAT WE HAVE  
POWERS INSIDE AND OUTSIDE  
THAT WE CAN USE TO HELP  
OURSELVES!!**





**THANKS TO DR. FRANCINE SHAPIRO FOR THE  
GIFT SHE GAVE US: EMDR THERAPY**



**ANA M. GOMEZ**  
psychotherapist, author, lecturer, and researcher



**AGATEINSTITUTE**  
Ana Gómez Attachment Trauma Education

**Global Child-EMDR**



**[www.AnaGomez.org](http://www.AnaGomez.org)  
[www.AgateInstitute.org](http://www.AgateInstitute.org)  
[info@anagomez.org](mailto:info@anagomez.org)**

**This book uses strategies from other  
authors such as:  
Butterfly Hug (Lucina Artigas)**