



# The Sea Shell

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From an idea inspired by Ana Gomez

Illustrated by Jo Henry

The EMDR Child Global Alliance

'healing one child at a time'

## Introduction for Parents & Clinicians

This book came about as the impact of the Corona Virus (Covid-19) became more apparent, with children world-wide struggling with unresolved loss and lack of closure for loved ones affected by the pandemic.

Some did not recover. But they will never be forgotten and always be loved.

It is offered freely to all therapists, children and families who may be going through difficulties both now and in the future – including any child who has lost a relative they love directly or indirectly; temporarily or permanently.

Our wish in offering this book freely is for every child to know they are loved and valued, held within that love – as the precious being they are... regardless of whether their loved ones remain with us or not.



Have you ever held a seashell up to your ear – and heard the sea?

Even though the sea might be far, far away?

Just like the seashell, we can  
listen to the ones that we love.

Even when they are far, far  
away.



It can be hard  
when we can't  
see, hug and  
hold the people  
we love.





But when  
we love  
someone,  
there is a  
magical  
bond that  
lives in our  
hearts.



And even when  
we are not there,  
we can still talk  
to them.

In our hearts.

They can hear us  
in their hearts.

And if we listen  
closely, we can  
hear them talking  
back to us.







All that we have to  
do is learn to listen  
and speak with our  
hearts

Learning to speak with our hearts can take time and practice.

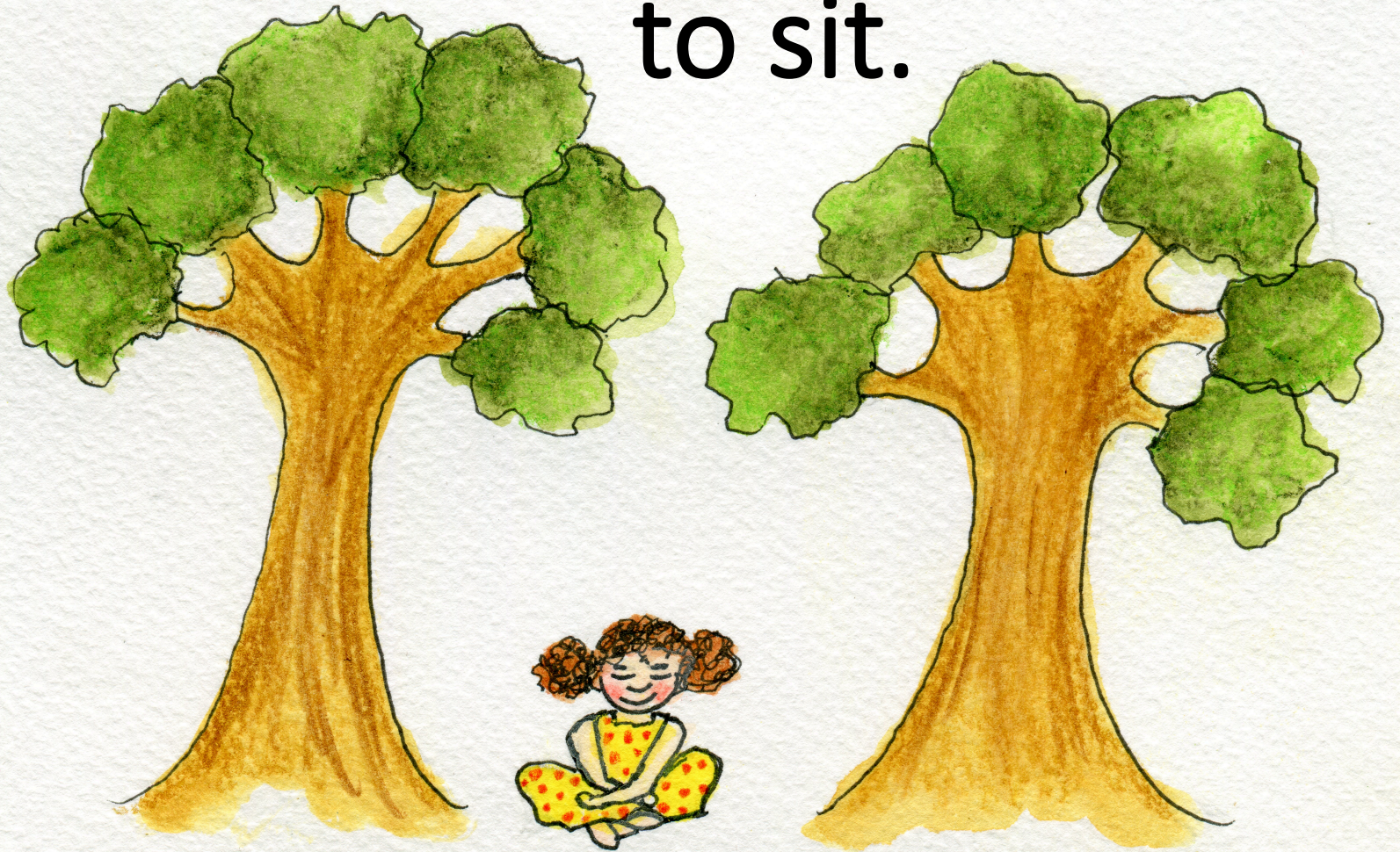


But with practice, we can become really, really good at it.

Close your  
eyes.

Focus on  
your  
breathing.

First, find a quiet place  
to sit.



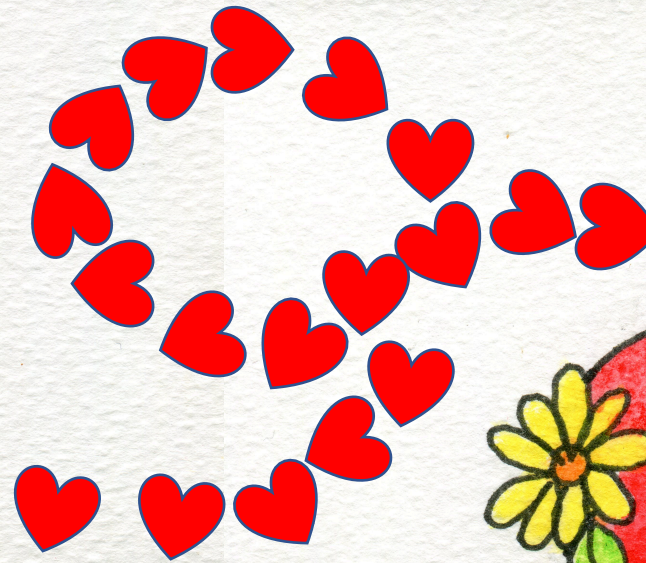


♥ Breathe in for 4  
beats of your heart.

♥ Hold for long  
enough to think  
*'I love you.'*

♥ Breathe out for 4  
beats of your heart.

Let the beat of  
your heart



be the start of your  
conversation

Imagine all the things  
you want to say to the  
people you love.

And listen to your  
heart – as the beat of  
your heart returns the  
words they would  
want you to hear.



They will know that  
you love them and  
are thinking about  
them.

Just the same as  
you will know that  
they love you, too!





**Global Child-EMDR**



## The Seashell

Story & Design © Susan M. Darker-Smith  
Illustrations © Jo Henry

Published as a free virtual download for use by therapists, children and families.

Given with a full heart by Susan Darker-Smith & Jo Henry in response to the Corona Virus Pandemic of 2020.