Mapping Targets

- Explain to the client that we are going to create a Worries and Bothers Map. The Map is a treatment plan of the client’s targets.
- Take out a large piece of drawing paper along with markers, crayons or colored pencils.
- Review Safe Place if client becomes anxious while identifying targets.
- Ask the client to write their worries, bothers and problems in one or two words all over the paper; they don’t have to be in any particular order.
- Emphasize that the Map represents the youth’s identified issues and not necessarily what the caregiver or therapist identifies.
- Tell the client to draw a cloud shape around each worry or bother. The size of the cloud represents how large or small the problem is to the youth.
- Explain how worries and problems can get connected in our brain and the cloud shape represents how problems, just like clouds, can spread and associate with other problems.
- Have the client draw lines between targets on the Map; the thickness of the lines represents the strength of the connection.
- Write the SUDS for each cloud inside the cloud.
- Ask the client to prioritize the targets on the Map as to which problem is most important for them to address first. They can write a number outside each cloud ranking them 1, 2, 3, etc.
- Discuss the SUDS in each cloud and compare it to how the client decided the order of the problems to be addressed.
- Have client choose target to start with and point out associations with other targets including similar thoughts, feelings and body sensations.
- Desensitize first target and re-evaluate Map.
- Continue with next target.
- Adjust each SUDS between targets and cross targets off the Map when the SUD is zero to show progress.
- Teach the client that the Map can be used as a Container where targets stay stuck to the Map.
- Remind the client that we can add to or change the Map at any time.

OPTIONAL:
- What’s the bad thought for each target (NC)?
- What’s the good thought for each target (PC)?
- Assess VoC for each target.
- Identify the emotion and body sensation associated with each target.
- Identify links between targets/feelings for each client.
- Assess for earlier feeder memories that are associated with the same feeling or NC.

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