EMDR-Francine Shapiro 2016-09-13 When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains, as well as new scientific data, how EMDR can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.

EMDR-Francine Shapiro 1998-04-11 Hailed as the most important method to emerge in psychotherapy in decades, EMDR has successfully treated psychological problems and illnesses in more than one million sufferers worldwide, with a rapidity that defies belief. In a new introduction, Shapiro presents the new applications of this remarkable therapy and the latest scientific research that demonstrates its efficacy.

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Getting Past Your Past-Francine Shapiro 2013-03-26 A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

EMDR and the Relational Imperative-Mark Dworkin 2013-08-21 In this groundbreaking work, Mark Dworkin, an EMDR teacher, facilitator, and long-time practitioner, explores the subtle nuances of the therapeutic relationship and the vital role it plays in using Eye Movement Desensitization and Reprocessing (EMDR) with traumatized clients. Showing how relational issues play a key role in each phase of EMDR treatment, the author provides tools for the therapist to more efficiently apply this method in the treatment of trauma victims and form a stronger and healthier relationship with the patient. A standard reference for all practitioners working to heal the wounds of trauma, this book will be an essential resource for the effective application of EMDR.

Eye Movement Desensitization and Reprocessing-Francine Shapiro 1995 Francine Shapiro details her controversial new treatment for victims of trauma, which has been used effectively with sexual abuse victims, survivors of combat and serious illness, and those who suffer from phobias. The only book on the topic, it has received enormous media coverage, including The Washington Post, The Los Angeles Times, and 20/20.

Self-Guided EMDR Therapy and Workbook-Katherine Andler 2018-05-22 Dr Francine Shapiro’s groundbreaking Eye Movement Desensitizing and Reprocessing (EMDR) therapy has been successfully used to treat a variety of issues, including anxiety, anger, depression, and PTSD. These issues often have their roots in past events, yet cause us untold anguish in the present, and hold us back from our future. Self-Guided EMDR Therapy explores how EMDR can be used to heal emotional disturbances, and what to expect during and after treatment. There are self-help grounding exercises to do before Andler guides readers through each step of the the 8-phase treatment process to healing. This is a must-read for anyone embarking on EMDR therapy, even if you are planning to see a professional. Key Features In-depth look at the 8-stage treatment process 8-Stage treatment prompt sheet Personal history self assessment Grounding exercises and personal log Workbook for reprogramming 10 target traumas 50 page journal About the author Katherine Andler is the author of Self-administered EMDR; Freedom from Anger, Anxiety and Depression)

An EMDR Therapy Primer, Second Edition-Barbara Hensley, EdD 2015-07-28 “With this Second Edition of An EMDR Therapy Primer, Dr. Hensley has created a very clear step-by-step guide to assist the newly trained EMDR clinician. Not only will it help transition training into practice but also help those trained earlier who are looking to update their skills. I highly recommend this book for any EMDR clinician wanting to assure fidelity to the model and methods.” —Rosalie Thomas, RN, PhD “I believe that Dr. Hensley has written a book that is simple, basic, and can mentor therapists who are EMDR trained and yet intimidated. This book brings us back to the basics.” —Jennifer Lendl, PhD This is a step-by-step overview of the foundations of EMDR Therapy presented in easily accessible, conversational language. It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely, confidently, and effectively. The second edition is fully revised to reflect the evolution of
EMDR as an Integrative Psychotherapy Approach

Frances Shapiro

2002-01-01 Annotation Shapiro, the originator and developer of eye movement desensitization and reprocessing (EMDR), is joined by other psychiatrists to offer a wide range of perspectives and opinions about the approach. Among the topics are information processing and a new model of neurobiology in conjunction with family systems therapy, and feminist therapy. Annotation. C. Book News, Inc., Portland, OR (booknews.com).

Tapping In

Laurel Parnell 2008-01-01 Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as “resource tapping.” Tapping In makes available for the first time a self-guided program for learning this revolutionary EMDR-related method. With step-by-step instructions and instructions, Tapping In teaches you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the mind, and find your way back to a healthy inner state. Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to activate your “latent positive resources”—your neurological foundation for internal resilience and stability.

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols

Dr. Marilyn Luber, PhD, 2009-05-18 “This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical, user-friendly approach and walks therapists through the EMDR therapeutic process. [Readers] will not be disappointed.” Score: 93, 4 stars –Doody’s Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: “Kudos to...everyone who contributed to this important volume...[It] is an indispensable resource. Thank you, thank you, thank you!” —Andrew B. Goldberg, LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant, in-training Bloomfield and Newark, NJ This book serves as a one-stop resource where therapists can access a wide range of word-for-word scripted protocols for EMDR practice, including the past, present, and future templates. These scripts are conveniently outlined in an easy-to-use, manual style for therapists, allowing them to have a reliable, consistent form and procedure when using EMDR with clients. The book contains an entire section on the development of resources and on clinician self-care. There is a self-awareness questionnaire to assist clinicians in identifying potential problems that often arise in treatment, allowing for strategies to deal with them. Also included are helpful past memories, current triggers and past-life scripts. Key topics include: Client history taking that will inform the treatment process of patients Resource development to help clients identify and target their problems to regain control when issues appear overwhelming Scripts for the 6 basic EMDR Protocols for traumatic events, current anxieties and behaviors, recent traumatic events, and childhood experiences. Scripts for early intervention procedures for man-made and natural catastrophes. Early intervention in childhood emotional trauma and early emotional trauma. The book provides a comprehensive overview of how to get started with EMDR after completing basic training. The book continues with chapters that detail the basic skills in using EMDR in children and then transitions to more advanced skills in using EMDR with children with specific diagnosis and presenting issues. They follow with a chapter summarizing the published evidence to date supporting the practice of EMDR with children. Data is then incorporated into a chapter summarizing their research on EMDR with young children in order to provide evidence of therapists' ability to adhere to the EMDR protocol with children, and to document their research findings about training therapists to use EMDR with children. Finally, they conclude the book with goals for the future of EMDR with children while encouraging therapists to consider conducting research in order to compel the practice of EMDR with children into the mainstream of child psychotherapy. It is a major task of the book to inspire therapists to begin thinking about conducting research and how important research is to therapists in order to validate and advance the practice of psychotherapy. In the end, the most significant goal of this book is to provide best practice for children who are in need of expert psychotherapy in order to change the trajectory of their lives. The hope is to provide guidance and support to therapists in order to launch them in their practice of EMDR. This is the art of treating children with EMDR.

EMDR Casebook


EMDR Therapy and Mindfulness for Trauma-Focused Care

Jamie Marich, PhD, LPCC-S, LICDC-CS, REAT, RMT 2017-11-28 Based on the belief that mindfulness is a critical component in the delivery of EMDR, this innovative text integrates mindfulness-informed practice with EMDR therapy to create an effective new approach for healing trauma. Based on current evidence-based research, the book describes and demonstrates a step-by-step approach: how clinicians can conceptualize and deliver trauma-focused care in both mental health and addiction treatment. Infused with practical applications, the book offers clearly articulated and effective approaches that provide a concrete beginning, middle, and end of treatment planning. Following a description of the long history of mindfulness practices, the book offers guidelines for developing one’s own mindfulness practice—emphasizing the use of trauma-focused language—and suggestions for teaching specific techniques to clients. The book describes both classic and creative mindfulness practices, including breath awareness/sensory grounding, breath meditation, body scanning, feeling tone, meditating, labeling the mindfulness of the moment, and loving-kindness meditation, along with using day-to-day objects as a meditative focus, movement practices, the expressive arts, and other forms of creativity. Key Features: Offers a complete framework for healing trauma by integrating mindfulness-informed practice with EMDR therapy to create a meditative focus, movement practices, the expressive arts, and other forms of creativity. Key Features: Offers a complete framework for healing trauma by integrating mindfulness-informed practice with EMDR therapy to create an effective new approach for healing trauma. Based on current evidence-based research, the book describes and demonstrates a step-by-step approach: how clinicians can conceptualize and deliver trauma-focused care in both mental health and addiction treatment. Infused with practical applications, the book offers clearly articulated and effective approaches that provide a concrete beginning, middle, and end of treatment planning. Following a description of the long history of mindfulness practices, the book offers guidelines for developing one’s own mindfulness practice—emphasizing the use of trauma-focused language—and suggestions for teaching specific techniques to clients. The book describes both classic and creative mindfulness practices.

EMDR Therapy Toolbox

David Reyes 2021-01-25 Did you know that when we experience a traumatic event that is accompanied by unpleasant emotions, the brain’s processing may be inadequate? This is what happens when a person is diagnosed with some trauma, anxiety, panic, or stress. In the book written by David Reyes, EMDR Therapy Toolbox, you will find one of the most successful therapies, EMDR (Eye Movement Desensitization and Reprocessing), psychotherapy used to nullify the destructive effects of a traumatic event. You might wonder how this therapy does that: It is by using physical stimulation; through ocular, sonorous, or tactile stimulation. EMDR is a totally effective technique for diverse psychological problems originated by traumas, some causes of these issues can be: robbery, assault, rape, kidnapping, homicide, suicide, grief, gender, family, physical, sexual or psychological violence. Self-help techniques for healing anxiety, depression, anger and overcoming traumatic stress symptoms. Theory and treatment of complex post-traumatic stress disorder and dissociation to re-train the brain. Within this incredibly valuable book, you will find different self-help techniques, which will allow you to overcome all kinds of disorders by
for the effectiveness of the technique. An overview of the different aspects of Brainspotting and how to use them between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing simultaneously with the right and left brain can lead to expanded creativity and athletic performance. How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more.

"Brainspotting lets the therapist and client participate together in the healing process," explains Dr. Grand. "It allows us to harness the brain's natural ability for self-check and self-healing of the sources of trauma and distress in the body." With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal.

"David Grand is one of the most important and effective psychological trauma therapists now alive, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist. I know because I use it regularly, and find that, combined with the psychoanalytic approaches I normally practice, the results are astonishingly helpful. Using it, one becomes amazed at the extent to which our traumas can be detected in our facial and eye reflexes, and how, by using these windows to inner mental states, many traumas and symptoms can be rapidly relieved. Grand writes clearly, and the cases, dramatic as they are, are not exaggerated." —Norman Doidge, MD, FRCP, author of The Brain That Changes Itself; faculty, University of Toronto, Department of Psychiatry, and Columbia University Department of Psychiatry Center for Psychoanalytic Training and Research

PTSD Breakthrough—Frank Lawlis 2011-09-01 Praise for The PTSD Breakthrough "Dr. Lawlis has done it again! His latest book offers new hope for PTSD sufferers and those with loved ones as well..." Dr. Joe Schwartz, MD, Clinical Psychologist; Nurse Coach Association; Author of Holistic Nursing: A Handbook for Nurses and Advocates, "Much is being written about post-traumatic stress disorder. But if you are a victim of PTSD, you need a very practical, easy to understand, comprehensive, scientifically grounded, balanced approach to PTSD, zeroing in on the damaging effects of trauma to the brain psyche, and spirit." John Chibran, PhD, T.D., Harvard Medical School, and the author of What’s Love Got To Do With It: Talking with Your Kids About Sex "As a nurse educator, coach, author, and consultant, Dr. Frank Lawlis’s timely book on PTSD truly addresses the deep-rooted problem beneath the symptoms and syndrome. His innovative and practical guidelines allow the individual to once again achieve high-level wellness with new penetrating insights and compassion for self in the healing journey." Barbara Dossey, PhD, RN; International Co-Director, Nightingale Initiative for Global Health; Co-Director, International Nurse Coach Association on the Wisdom of Previously Established Healing/Growth Traditions, "Many traumas can be rapidly relieved. Grand writes clearly, and the cases are not exaggerated."

EMDR and Psychotherapy Integration—Howard Lipke 1999-11-24 Initially regarded as one of the most peculiar methods of psychotherapy ever devised, EMDR (eye movement desensitization and reprocessing) was introduced to psychotherapists 11 years ago when Dr. Francine Shapiro reported demonstrable rapidly effective treatment results. An early endorsement by the late Dr. Joseph Wolpe, a founder of behavior therapy, and confirmatory research studies have led to wide and rapid acceptance by practitioners. Dr. Howard Lipke, the first clinician authorized by Dr. Shapiro to independently offer EMDR training, has written a book which elaborates on Shapiro's Accelerated Information Processing model in offering what Lipke calls the Four Activity Model (FAM) of Psychotherapy. This model advances the integration of EMDR theory and practice with dynamic, behavioral and humanistic methods, as well as with previous prominent integrative models. Recognizing the connections in human healing/growth traditions, the text also offers therapeutic suggestions for use of EMDR that rely on the wisdom of previously established psychotherapies as well as that of religion and philosophy. While there is an emphasis on combat-related psychological problems, Dr. Lipke demonstrates how combat trauma and treatment contain the elements of a broad range of potentially traumatic events and the treatment of distress reactions. Indeed, Dr. Lipke's EMDR and Psychotherapy Integration has helped satisfy the need for a scholarly work on this demonstrably effective method of psychotherapy.
Small Wonders—Joan Lovett 2010-05-11 Childhood can be an exciting time, full of joyous exploration, new skills, friends, and imaginative play. It can also be a very frightening time, especially when children experience events that threaten their feelings of safety and well-being. Even common traumatic childhood events can deeply affect children's normal healthy development, their self-esteem, and their families. Many behavioral problems stemming from common traumatic events could require years of psychotherapy or medication. That is, they did—until the advent of EMDR. Developed by psychologist Francine Shapiro in the late 1980s, EMDR had already helped thousands of adult clients when Joan Lovett experienced its healing power firsthand. Eye movement desensitization and reprocessing (EMDR) is a comprehensive therapeutic approach that helps patients release disturbing thoughts and emotions that originate in traumatic experiences. Experiences can be traumatic in nature—abuse, disasters, war, even inherited traumas such as violence—but children may also perceive and respond to more ordinary events as very threatening. A playground accident, the loss of a loved one, school problems, or choking on a piece of popcorn can be a part of growing up. They can also be critical incidents that cause a child to view him- or herself as helpless or powerless, to become fearful, and to develop debilitating behavioral problems. In Small Wonders: Healing Childhood Trauma with EMDR, Joan Lovett, M.D., shares engaging clinical stories—mysteries involving children who present her with puzzling and disturbing behaviors. She imaginatively focuses her knowledge of pediatrics, play therapy, and EMDR to alleviate the real-life ordeals of real-life children. Featuring a foreword by Francine Shapiro, Small Wonders is the most comprehensive and insightful book to explore the potential of EMDR for child therapy. This enlightening book is intended for parents who are concerned with having their children feel confident, for adults who want insights into the way the events of their childhood shaped their self-image, and for professionals who want to know more about EMDR and how it can be adapted to meet the special needs of traumatized children.

EMDR Toolbox—James Kajne, PhD 2014-08-05 “[Reading this book has given me a whole host of new ideas about working with complex and dissociative clients... Clear and engaging, peppered with relevant case histories, this book could be an important addition to any EMDR-related book collection.”—Dr. Robin Logie, EMDR UK & Eireland This book is the first to bring together in one volume an overview of the principal issues in treatment of dissociative disorders in complex PTSD, and a description of the integration of specific EMDR-related interventions or “tools” with other psychotherapeutic treatments. These tools can significantly extend the powerful therapeutic power of EMDR-related methods. Each intervention is examined in detail with accompanying transcripts illustrating the nuances and variations in how the intervention is applied. It is written by a highly esteemed EMDR scholar, trainer, international speaker, and author who is an EMDRIA-designated “Master Clinician.” The book discusses how the concepts and vocabulary of other models of dissociation (particularly the Theory of Structural Dissociation of the Personality and the Internal Family Systems model) translate directly into EMDRíg Adaptive Information Processing language. It presents detailed descriptions of specific EMDR-related tools that are useful in facilitating and safely accelerating therapeutic progress with clients suffering from Complex PTSD. These include such standard EMDR procedures as Trauma Processing and Resource Installation, several conceptual/cognitive/phenomenological models of dissociative personality structures and symptoms, and specific EMDR interventions for resolving dysfunctionally stored post-traumatic elements. The book will be of great value to therapists who wish to extend their use of basic EMDR with “easier” clients to using it effectively with more complex clients. Key Features: Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a “hands-on” resource for using specific EMDR procedures Describes each intervention in detail, illustrating the nuances and variations in different applications Includes specific “AIP” tools, actual therapy scripts, and client drawings Covers DSM-V PTSD criteria

Eye Movement Desensitization and Reprocessing (EMDR), Second Edition—Francine Shapiro 2001-08-06 This book provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic procedure developed by Francine Shapiro, one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR’s development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that take the reader through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 (www.guilford.com/EMDR-appendices). These appendices comprehensively review current research on EMDR and its clinical applications, and are now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to this Edition: Updated neuropsychological and clinical studies, and literature on emerging clinical applications for EMDR. Updated protocols and procedures for working with adults and children with a range of presenting problems.

A Therapist's Guide to EMDR, Protocols and Techniques for Successful Treatment—Lauryl Paulson 2018-02-17 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma. It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications. Areas essential to successful utilization of EMDR are emphasized. These include: case conceptualization; preparation for EMDR trauma processing, including resource development and installation; target development; methods for unblocking blocked processing, including the creative use of interweaves; and session closure. Case examples are used throughout to illustrate concepts. The emphasis in this book is on clinical usefulness, not research. This book goes into the therapy room with clinicians who actually use EMDR, and shows readers how to do it in practice, not just in theory. In short, this is the new, practical book on EMDR.

Image Transformation Therapy Scripts for Therapists: A Breakthrough in the Treatment of Trauma, Ocd, Anxiety, and Depression—Robert Miller 2019-01-06 Image Transformation Therapy (ImTT) is a major breakthrough in trauma treatment. ImTT has three components: the ImTT Scripts, which provide the “easier” clients to using it effectively with more complex clients. Key Features: Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a “hands-on” resource for using specific EMDR procedures Describes each intervention in detail, illustrating the nuances and variations in different applications Includes specific “AIP” tools, actual therapy scripts, and client drawings Covers DSM-V PTSD criteria

Overcoming Anxiety—Betty McLeann 1992 A feminist approach to the causes of anxiety designed to provide assistance to women who are suffering. The writer has had many years of experience as a practising psychotherapist. Contains suggestions for further reading and an index.

The PTSD Workbook—Mary Beth Williams and Soili Puijula 2013-04-01 Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. Although many know that this mental health issue affects veterans of war, many may not know that it also affects victims of domestic violence, sexual violence, natural disasters, crime, car accidents and accidents in the workplace. No matter the cause of their illness, people with PTSD will often relive their traumatic experience in the form of flashbacks, nightmares, and frightening thoughts. This is especially true when they are exposed to events or objects that remind them of their trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. In The PTSD Workbook, Second Edition, psychologists and trauma experts Mary Beth Williams and Soili Puijula outline techniques and interventions used by PTSD experts from around the world to help trauma survivors use the most effective tools available to conquer their most distressing trauma-related symptoms, whether they are a veteran, a rape survivor, or a crime victim. Based in cognitive behavioral therapy (CBT), the book is extremely accessible and easy-to-use, offering evidence-based therapy at a low cost. This new edition features specially chapters focused on veterans with PTSD, the link between cortisol and adrenaline and its role in PTSD and overall mental health, and the mind-body component of PTSD. This book is designed to arm PTSD survivors with the emotional resilience they need to get their lives back together after a traumatic event.
Energy Psychology and EMDR

Only as Good as Your Word

Light in the Heart of Darkness

Eye Movement Desensitization and Reprocessing (EMDR)

Empowering Consciousness for Healing - The Historical Evolution of EMDR Therapy

EMDR Therapy for Schizophrenia and Other Psychoses

Healing from Trauma

EMDR Within a Phase Model of Trauma-Informed Treatment

Intimate Deception

Energy Psychology and EMDR

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EMDR Within a Phase Model of Trauma-Informed Treatment

Intimate Deception
EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment - Arielle Schwartz 2018-08-07

A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don’t know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client’s capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

Short-term Therapy for Long-term Change - Marion Fried Solomon 2001

Is it possible to effect deep, lasting, meaningful psychological change in a short period of time?