

eye movement desensitization and reprocessing emdr therapy scripted protocols and summary sheets treating anxiety

[#EMDR therapy](#) [#anxiety treatment](#) [#scripted EMDR protocols](#) [#EMDR summary sheets](#) [#eye movement desensitization reprocessing](#)

Explore Eye Movement Desensitization and Reprocessing (EMDR) therapy, a proven method for treating anxiety. Access our comprehensive scripted protocols and practical summary sheets designed to streamline EMDR sessions and enhance therapeutic outcomes for individuals dealing with anxiety.

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Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets

EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. This is an important resource that focuses on applying EMDR therapy to anxiety, obsessive-compulsive, and mood-related disorders using EMDR Therapy's standard procedures and protocols as its template. Edited by a leading EMDR scholar and practitioner, it delivers step-by-step protocols that enable beginning practitioners as well as seasoned EMDR clinicians, trainers, and consultants to enhance their expertise more quickly when treating clients or groups of clients with these conditions. These chapters reflect the expertise of EMDR clinicians treating anxiety disorders including specific phobia, panic disorder and generalized anxiety disorder; obsessive-compulsive disorders including body dysmorphic disorder, olfactory reference syndrome, and hoarding behaviors; and mood disorders including bipolar disorder, major depression, and postpartum depression. For each topic, authors include relevant questions for history taking, helpful resources and explanations, frequently used negative and positive cognitions, and information on case conceptualization and treatment planning. Comprised of past, present, and future templates, the scripts are conveniently presented in an easy-to-use manual-style format that facilitates a reliable, consistent procedure. Summary sheets for each protocol support quick retrieval of essential issues and components for the clinician while putting together a treatment plan for the client. These scripted protocols and completed summary sheets can be inserted right into a client's chart for easy documentation. Scripts and summary sheets are available also in an expandable, downloadable format for easy digital access for each protocol to simplify the gathering of information and to document it in clients' charts in a consistent format. This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information.

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols

"This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical approach and walks therapists step-by-step 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!" --Andrea 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 template 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 memory, current triggers and future template worksheet 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, phobias, excessive grief, and illness and somatic disorders Early intervention procedures for man-made and natural catastrophes EMDR and early interventions for groups, including work with children, adolescents, and adults Written workbook format for individual or group EMDR EMDR to enhance performance and positive emotion

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets

EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. This book, using EMDR Therapy's standard procedures and protocols as its template, presents step-by-step scripts that enable new practitioners and seasoned EMDR clinicians, trainers, and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans while working with patients who have issues related to trauma, anxiety, and mood-related conditions. These scripts, which can be put to use immediately, retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. This book is also available as a CD-ROM. The book covers the use of EMDR Therapy with anxiety, trauma, anxiety and mood-related conditions ranging from Trauma and Stress-Related Disorders (such as Reactive Attachment Disorder, PTSD, etc.), Anxiety Disorders (such as Specific Phobia, Panic Disorder, etc.), Obsessive-Compulsive and Related Disorders (such as OCD and Hoarding Behaviors, etc.) to Mood-Related Disorders (such as Bipolar Disorder, Major Depression, etc.), and Self-Care for Clinicians. This text includes summary sheets for each protocol to facilitate the gathering of requisite information and to documenting it in the client's chart in a consistent format. This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans. Key Features: Describes how to use EMDR Therapy based on its standard procedures and protocols Addresses working with issues related to patients with trauma, anxiety, obsessive-compulsive and mood-related disorders Provides step-by-step scripts that enable beginning practitioners to build their expertise more quickly and/or consultants to assist them Includes summary sheets for each protocol to facilitate information gathering and consistent documentation in the client's chart for quick retrieval Contains detailed approaches and ways to conceptualize cases with trauma, anxiety, obsessive-compulsive and mood-related disorders developed by recognized EMDR experts Emphasizes the importance of self-care for clinicians

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three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of therapeutic difficulties and modalities while maintaining the integrity of the Adaptive Information Processing (AIP) model. This text covers the use of EMDR Therapy with such conditions as reactive attachment disorder, PTSD, acute stress disorder, and persistent complex bereavement disorder, as well as with traumatized patients with psychosis, trauma in emergency (911) telecommunicators, and compassion fatigue. Scripts and summary sheets simplify the gathering of information and ensure documentation in clients' charts in a consistent format. This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information. Key Features: Describes how to use EMDR Therapy based on its standard procedures and protocols Addresses working with issues related to patients with trauma- and stressor-related conditions such as reactive attachment disorder, PTSD, acute stress disorder, and persistent complex bereavement Provides step-by-step scripts that enable practitioners to enhance their expertise more quickly and assist consultants with consultation Describes the three-prong protocol and the 11-step procedure essential to EMDR practice Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information Emphasizes the importance of self-care for clinicians Available in print, ebook, and CD-ROM

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets

This one-stop resource focuses on applying EMDR scripted protocols to medical-related conditions. Edited by a leading EMDR scholar and practitioner, it delivers a wide range of step-by-step protocols that enable beginning clinicians as well as seasoned EMDR clinicians, trainers, and consultants alike to enhance their expertise more quickly when working with clients who present with medical-related issues. The scripts are conveniently outlined in an easy-to-use, manual-style template, facilitating a reliable, consistent format for use with EMDR clients. The scripts distill the essence of the standard EMDR protocols. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of medical-related issues while maintaining the integrity of the AIP model. Following a brief outline of the basic elements of EMDR procedures and protocols, the book focuses on applying EMDR scripted protocols to such key medical issues as somatic disorders, medical trauma, cancer, multiple sclerosis, hyperemesis gravidarum, and birth trauma. It includes summary sheets for each protocol to facilitate gathering information, client documentation, and quick retrieval of salient information while formulating a treatment plan. Key Features: Encompasses a wide range of step-by-step scripts for medical-related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual-style template Includes scripts for EMDR treatment of clients with somatic disorders, medical trauma, cancer, multiple sclerosis, birth trauma, and more

Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters

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Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols

"This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical approach and walks therapists step-by-step 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!" --Andrea B. Goldberg, LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant-in-training Bloomfield and Newark, NJ This book outlines some of the basic elements of the 11-Step Standard Procedure of EMDR and the Standard Three-Pronged EMDR Protocol. Unlike other EMDR books, however, this book focuses on applying EMDR scripted protocols to special populations. Special populations discussed include children, adolescents, couples, and clients suffering from complex posttraumatic stress disorder, dissociative disorders, anxiety, addictive behaviors, and severe pain. This is a volume rich in wisdom and insight that every EMDR clinician working with special populations will need in his or her collection. Key topics include: EMDR preparation, assessment, and

desensitization phases for children Integrating EMDR into couples therapy EMDR protocol for treating sexual dysfunction EMDR-informed treatment approaches for dissociative disorders Clearing the pain of unrequited love with EMDR An EMDR approach to treating substance abuse and addiction EMDR for pain patients Self-care for EMDR practitioners

EMDR for Clinician Self-Care

In eBook Format! Praise for Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters, from which this eBook is compiled: "In this latest insightful volume gathered and edited by Marilyn Luber, the authors have combined the lessons learned with personal accounts of how they proceeded. There is still much to be done to integrate mental health care effectively into disaster response worldwide, but this volume will help to point the way to best practices." --Robert Gelbach, PhD Past Executive Director at EMDR Humanitarian Assistance Programs EMDR Therapy is an integrative psychotherapy approach based on standard procedures and protocols. EMDR practitioners have been called upon, worldwide, to respond to traumatized populations in the aftermath of catastrophes both natural and manmade. As a result of working with these populations, therapists are often prone to vicarious traumatization, secondary stress disorder, and compassion fatigue. This eBook presents step-by-step scripts--using the standard procedures and protocols of EMDR therapy as their template--that enable psychotherapists to practice self-care while treating traumatized populations. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. The eBook delivers EMDR procedures and protocols gleaned from the responders to the massacre of schoolchildren in Newtown, CT; vicarious trauma experiences; and worst-case scenarios in recent trauma response, all with accompanying summary sheets. Key Features: Provides concise, step-by-step EMDR scripts for practicing self-care when working with traumatized populations Includes concise summary sheets for quick information retrieval during perilous situations Presents scripts that retain the complete integrity of EMDR protocol

Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy

"This read truly does have something for everyone who works with trauma and dissociative processes." --American Journal of Clinical Hypnosis "This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation." --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. "This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each." --From the foreword by John G. Watkins, PhD, founder of ego state therapy "This read truly does have something for everyone who works with trauma and dissociative processes." --American Journal of Clinical Hypnosis "The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from." --Mark Dworkin, author of EMDR and the Relational Imperative "[This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma." --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice "I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients." --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009 "This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library." --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center "Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be

encountered in general practice. By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population." --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

EMDR with First Responders

In eBook Format! Praise for Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters, from which this eBook is compiled: "In this latest insightful volume gathered and edited by Marilyn Luber, the authors have combined the lessons learned with personal accounts of how they proceeded. There is still much to be done to integrate mental health care effectively into disaster response worldwide, but this volume will help to point the way to best practices." -Robert Gelbach, PhD Past Executive Director at EMDR Humanitarian Assistance Programs EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. Using these standard procedures and protocols as its template, this book presents step-by-step scripts that enable new practitioners and seasoned EMDR clinicians, trainers, and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans when working with first responders who have suffered acute stress injuries during man-made and natural disasters. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of therapeutic difficulties and modalities while maintaining the integrity of the AIP model. The eBook illuminates early intervention procedures for first responders and protective service workers who must assist populations in the aftermaths of catastrophic events. It includes information and summary sheets created specifically for different types of first responders including firefighters and EMS professionals, the police, and the military. It also includes an underground trauma protocol designed for trauma related to mining disasters, and a "Blind to Therapist Protocol." Key Features: Provides protocols for practicing EMDR with first responders to man-made and natural disasters Includes concise summary sheets for quick information retrieval in perilous circumstances Presents specific protocols for use with firefighters, EMS responders, the police, the military, and first responders to mining disasters Offers step-by-step scripts that enable practitioners to enhance their expertise more quickly Highlights international perspectives

Handbook of EMDR and Family Therapy Processes

Starting with the Foreword by Daniel Siegel, MD, the Handbook demonstrates in superb detail how you can combine EMDR's information processing approach with family systems perspectives and therapy techniques. An impressive and needed piece of work, Handbook of EMDR and Family Therapy Processes provides a clear and comprehensive bridge between individual and family therapies.

Getting Past Your Past

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 Therapy and Sexual Health

The first book to integrate EMDR Therapy treatment of sexual trauma with a focus on helping clients achieve empowered sexual health. This unique text provides EMDR clinicians with a complete toolkit, assisting sexual trauma survivors in moving from symptomology reduction/elimination to optimal sexual health and functioning. By integrating sexual health and EMDR Therapy together throughout this innovative book, the Adaptive Information Processing (AIP) Model is applied to sexual health, with sexual health-related material blended into all eight phases of the EMDR Protocol. Encompassing principles and best practices of current helpful positive sexual health frameworks, including fundamental sex therapy information and sex education models, this first of its kind EMDR Therapy resource disseminates essential information on anatomy, the history of sex research, Sexually Transmitted Infections (STIs) and pregnancy related issues, the Dual Control Model of arousal and desire, spontaneous and responsive desire, arousal non-concordance, models of consent for sexual activities, and out of control sexual behaviors. This guide considers the gender experience of trauma for all EMDR Therapy clients, covering challenges, concepts, and helpful strategies for discussing sensitive sexual health matters. It addresses sexual/affectional orientation, consensual non-monogamy, and how EMDR Therapy can help address the sexual health concerns of erotically marginalized populations. Also covered are matters of aging and spirituality as they impact sexual health. Packed with helpful resources such as questionnaires, guidelines, case examples, charts, cutting-edge diagrams, and anatomy illustrations with non-gendered labels, EMDR therapists will gain the knowledge and confidence they need to facilitate optimal sexual health for the clients in their practice. Key Features: Reinforces innovative content with abundant and diverse case studies Includes first-time publication of two valuable questionnaires: Sexual History Questionnaire and Sexual Styles Survey Delivers new EMDR Therapy resources for facilitating sexual health--Bubble Boundary and Self-Compassion Container Provides a new EMDR Therapy future-oriented resource--Strengthening a Confident and Joyful Sexual Self Examines in-depth sexual/affectional orientation, relationship status such as consensual non-monogamy, and pregnancy loss Includes helpful, nonjudgmental, and affirming information about the kink/BDSM population Provides an overview of EMDR Therapy and sexual health for individuals with physical and intellectual disabilities Describes important sexual health frameworks and concepts Includes sex-positive resources for further education along with client handouts

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets

This one-stop resource focuses on applying EMDR scripted protocols to medical-related conditions. Edited by a leading EMDR scholar and practitioner, it delivers a wide range of step-by-step protocols that enable beginning clinicians as well as seasoned EMDR clinicians, trainers, and consultants alike to enhance their expertise more quickly when working with clients who present with medical-related issues such as eating and body image dysregulation, relationship distortion, chronic pain, and maladaptive self-care behaviors. The scripts are conveniently outlined in an easy-to-use, manual style template, facilitating a reliable, consistent format for use with EMDR clients. The scripts distill the essence of the standard EMDR protocols. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of medical-related issues while maintaining the integrity of the AIP model. Following a brief outline of the basic elements of EMDR procedures and protocols, the book focuses on applying EMDR scripted protocols to such key medical issues as eating and body image dysregulation, chronic pain experiences such as migraine and fibromyalgia, and maladaptive self-care behaviors. It includes summary sheets for each protocol to facilitate gathering information, client documentation, and quick retrieval of salient information while formulating a treatment plan. Protocols for clinician self-care add further to the book's value. Key Features: Encompasses a wide range of step-by-step scripts for medical-related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual-style template Includes scripts for EMDR treatment of clients with eating disorders and body image dysregulation, headaches, fibromyalgia, relationship distortion, maladaptive self-care behaviors, and more

Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition

"Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included"--Amazon.com.

An EMDR Therapy Primer, Second Edition

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 to an integrative psychotherapeutic approach and is intended for use as a companion to Francine Shapiro's seminal EMDR texts. It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions. An abundance of new information addresses EMD versus EMDR; research on the Mechanism, Model, and Methodology of EMDR Therapy; Bilateral Stimulation; Ancillary Targets; The Why and the How of many key EMDR Therapy components, Protocols for Single and Recent Traumatic Events; updated information about the Cognitive Interweave, Future Templates, and much, much more.

Pain Control with Emdr

The 6th revised edition of this research-based manual describes how to use EMDR in the treatment of chronic pain. Includes a review of role of trauma and attachment problems in pain, neurological aspects of pain, Theoretical model of pain based on Accelerated Information Processing Model, step by step EMDR pain protocol, including detailed notes and tips for each stage, key differences between trauma protocol and pain protocol, advice about common blockages and how to deal with them, how to enhance client responsiveness to bilateral stimulation, how to develop strong affect-based resources for coping with on-going pain, adjunctive strategies and resources, assessment tools, information about dissociation and pain, numerous case-examples, and over 30 pages of photocopyable treatment aids and resources. After PTSD, pain is the most researched application of EMDR.

EMDR Toolbox

"[R]eading 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 would make an important addition to anyone's EMDR-related book collection." -- Dr. Robin Logie, EMDR UK & Ireland 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 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 EMDR's 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

EMDR

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.

Prolonged Exposure Therapy for PTSD

An estimated 70% of adults in the United States have experienced a traumatic event at least once in their lives. Though most recover on their own, up to 20% develop chronic Posttraumatic Stress Disorder. For these people, overcoming PTSD requires the help of a professional. This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD. It is based on the principles of Prolonged Exposure Therapy, the most scientifically-tested and proven treatment that has been used to effectively treat victims of all types of trauma. Whether your client is a veteran of combat, a victim of a physical or sexual assault, or a casualty of a motor vehicle accident, the techniques and strategies outlined in this book will help. In this treatment clients are exposed to imagery of their traumatic memories, as well as real-life situations related to the traumatic event in a step-by-step, controllable way. Through these exposures, your client will learn to confront the trauma and begin to think differently about it, leading to a marked decrease in levels of anxiety and other PTSD symptoms. Clients are provided education about PTSD and other common reactions to traumatic events. Breathing retraining is taught as a method for helping the client manage anxiety in daily life. Designed to be used in conjunction with the corresponding client workbook, this therapist guide includes all the tools necessary to effectively implement the prolonged exposure program including assessment measures, session outlines, case studies, sample dialogues, and homework assignments. This comprehensive resource is an exceptional treatment manual that is sure to help you help your clients reclaim their lives from PTSD. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

EMDR Therapy and Mindfulness for Trauma-Focused Care

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 demonstrates—with clear, step-by-step guidelines—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 meditation, labeling, standing meditation, walking meditation, 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 Provides clearly articulated, step-by-step approaches that are evidence-based Authored by noted experts in EMDR and mindfulness-based therapies Includes guidelines for developing one's own mindfulness practice and tools for teaching specific practices to clients Describes both classic and creative mindfulness practices

Easy Emdr for Weight Loss: The World's No. 1 Clinically Approved Anxiety Treatment to Resolve Emotional Eating & Associated Eating Disorders Now

Adult Mental Health and Obesity issues around the world are growing rapidly, we are experiencing a global mental health crisis, services are overburdened or non-existent. EASY EMDR is a simple affordable HOME USE solution as part of the Global Change Initiative to reverse this trend. EASY EMDR is the World's first simple 4 step by step illustrated training manual with scripts and practical know how, designed for EVERYONE EVERYWHERE to use AT HOME for WEIGHT LOSS caused by EMOTIONAL EATING. You DO NOT need to be a medical practitioner or therapist to now practice EMDR to resolve anxiety and trauma the cause of emotional weight gain. EASY EMDR is designed for adults to use at home to treat adults. The long-awaited evolution in mental health treatment to resolve emotional eating is now here! EASY EMDR for Weight Loss also contains bonus MINDFULNESS therapies and exercise for use when eating and evaluation tests for Anxiety and Depression triggered by Weight Gain. EASY EMDR has been featured in the Amazon Top 10 Hottest New Releases for medical books 3 times and is being read in 5 continents around the world. Until now even for most therapists EMDR has been complex to understand and learn. After 4 years of development and clinical testing this book demystifies and explains EMDR for the first time in simple plain language in FOUR simple and EASY to learn steps; FIND FEEL FOLLOW FORGET. It's quick and easy, simple to learn and practice, and in just a few minutes anyone can learn how to treat anxiety and single and multiple trauma, using the same recognised EMDR protocol developed over 25 years ago. EMDR - 'Eye Movement Desensitisation and Reprocessing' is recommended by the World Health Organisation (WHO), the American Psychiatric Association (ASA), The UK National Institute for Health Care and Excellence (NICE) and many other national medical bodies, as the go to clinical treatment for anxiety disorders and post-traumatic stress. It is reported by the National Institute of Mental Health (NIMH) to be 91% effective, even far superior to drug therapy. EMDR is considered far more effective than Counselling and CBT if after 3 months of anxiety or trauma symptoms remain. With 1 in 4 adults suffering from mental health problems and eating disorders, more than 12 million adults in the UK can also be helped with fast effective EMDR treatment. In America 11 million women and 1 million men a day struggle with emotional eating leading to obesity and other related health issues. With these simple easy-to-follow, step-by-step instructions and FREE practical demonstrations found on the EASY EMDR website, adults can be treated, safely and effectively allowing them to engage successfully in weight loss and fitness programmes where perhaps they have always failed. EMDR is a treatment it is not a therapy, and as such until now was only available privately at significant cost, placing this revolutionary mental health solution out of the reach of the everyday person. EMDR is widely reported as an effective permanent solution to treat memories of trauma, anxiety disorders and associated symptoms in Children (aged 4-17) and Adults such as Stress, Anxiety, Eating Disorders, Post Traumatic Stress and Post Traumatic Stress Disorder, Depression, Anger, Loss, Bereavement, IBS, Fibromyalgia, and much more. EASY EMDR is part of a series of NINE books to ensure anyone who needs to know how to carry out First Aid for the Mind, whether they are guardians, therapists, clinicians, teachers, care workers, community-based workers, NGO's, overseas doctors, armed forces & emergency service personnel or just family or friends can take back control. Adrian Radford-Shute DHP Acc. Hyp. is a Weight Management & specialist EMDR therapist treating children and adults successfully, having used EMDR to resolve his own eating disorder. Adrian is the founder of PTSD FREE the UK's only EMDR Charity, he is an adult survivor of child abuse and a survivor of complex PTSD.

Eye Movement Desensitization and Reprocessing (Emdr) Scripted Protocols and Summary Sheets

This one-stop resource focuses on applying EMDR scripted protocols to medical-related conditions. Edited by a leading EMDR scholar and practitioner, it delivers a wide range of step-by-step protocols that enable beginning clinicians as well as seasoned EMDR clinicians, trainers, and consultants alike to enhance their expertise more quickly when working with clients who present with medical-related issues such as eating and body image dysregulation, relationship distortion, chronic pain, and maladaptive self-care behaviors. The scripts are conveniently outlined in an easy-to-use, manual style template, facilitating a reliable, consistent format for use with EMDR clients. The scripts distill the essence of the standard EMDR protocols. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of medical-related issues while maintaining the integrity of the AIP model. Following a brief outline of the basic elements of EMDR procedures and protocols, the book focuses on applying EMDR scripted protocols to such key medical issues as eating and body image dysregulation, chronic pain experiences such as migraine and fibromyalgia, and maladaptive self-care behaviors. It includes summary sheets for each protocol to facilitate gathering information, client documentation, and quick retrieval of salient information while formulating a treatment plan. Protocols for clinician

self-care add further to the book's value. Key Features: Encompasses a wide range of step-by-step scripts for medical-related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual-style template Includes scripts for EMDR treatment of clients with eating disorders and body image dysregulation, headaches, fibromyalgia, relationship distortion, maladaptive self-care behaviors, and more

Neurobiology and Treatment of Traumatic Dissociation

Print+CourseSmart

The Animal Communicator's Guide Through Life, Loss and Love

'He was just a pet,' people sometimes say, and yet our animal companions are so much more to us than this, and we may feel we have nowhere to turn when faced with their loss. Millions of people have sought answers to questions like 'What happens to animals when they die?' 'What is life like for them on the other side?' and 'Will they ever come back to me?' Now, for the first time, internationally renowned animal communicator Pea Horsley shares ground-breaking true stories which reveal animals' thoughts and feelings on life, death and life after death. By hearing their views, we come to understand that animals are spiritual beings and great teachers, and that we are all connected. This collection of inspirational tales is woven together with Pea's moving story of her own dog, Morgan, and his physical struggle, his awareness of the right time to go and his insights and support from beyond the grave.

Treating Addictions With EMDR Therapy and the Stages of Change

Print+CourseSmart

Eye Movement Desensitization and Reprocessing (EMDR), Second Edition

This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is 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 guide the clinician 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. EMDR is 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 neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. *Updated protocols and procedures for working with adults and children with a range of presenting problems.

EMDR and the Relational Imperative

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.

Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy

This is definitely a book whose time has come. One of the brilliant aspects of the EMDR therapy approach is that it makes it clinically possible to cut through social issues, and yet maintain its cultural consonance. From multiple contributions around the world, each chapter brings significant insights

into how EMDR therapy can be culturally attuned and yet efficacious in preserving the individuality of each client. Highly recommended for those therapists who work in multi-cultural settings. -Esly Regina Carvalho, Ph.D., Trainer of Trainers, EMDR Institute/EMDR Iberoam rica and President TraumaClinic do Brasil/TraumaClinic Edi es, Brasilia, Brazil. Underscoring the importance of cultural competence, this groundbreaking book focuses on using EMDR therapy with specific populations, particularly those groups typically stigmatized, oppressed, or otherwise marginalized in society. Drawing on social psychology research and theory as well as social justice and social work principles, it delivers general protocols for EMDR intervention for recovery from the internalized effects of cultural mistreatment. Employing best-practice methods for cultural competence as EMDR therapy is introduced to new cultures worldwide, the editor and esteemed EMDR clinician-authors relay their experiences, insights, guidance, and lessons learned through trial and error while adapting EMDR interventions for cross-cultural competency and therapeutic effectiveness. The text defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy that embraces authentic social identities and attends to the impact of socially based trauma. Chapters address using EMDR therapy to heal the trans-generational impact of Anti-Semitism, working with the LGBT population, treating an immigrant woman suffering from social anxiety, healing individuals with intellectual disabilities, the traumatizing effects of racial prejudice, harmful cultural messages about physical appearance, EMDR therapy attuned to specific cultural populations and socially based identities, and many other scenarios. The text is replete with step-by-step treatment guidelines to help clients recover from traumatic life events, dos and don'ts, and common adaptive and maladaptive cultural beliefs. Key Features: Defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy Offers innovative protocols and strategies for treating socially based trauma within the EMDR model Presents best practice methods for cultural competence Includes step-by-step treatment guidelines and dos and don'ts Written by highly esteemed EMDR clinician-authors

Treatment Plans and Interventions for Depression and Anxiety Disorders

"_This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 125 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The included CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications. _New to This Edition*The latest research on each disorder and its treatment.*Innovative techniques that draw on cognitive, behavioral, mindfulness, and acceptance-based approaches.*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.*47 of the 125 reproducibles are entirely new. _"--Provided by publisher.

Clinical Advances in Cognitive Psychotherapy

A virtual Who's Who in the field of cognitive psychotherapy! Tracing the history and derivation of cognitive psychotherapy, the authors discuss its recent developments as an evolving and integrative therapy. Chapters illustrate the applications of cognitive psychotherapy to treat such disorders as anxiety, depression, and social phobia. Other chapters discuss integration with therapy models such as schema-focused and constructivism. New empirically-based research is cited for treating the HIV-positive depressed client, the anorexic or bulimic sufferer, as well as applying cognitive therapy to family and group issues. Aaron Beck, E. Thomas Dowd, Robert Leahy, W.J. Lyddon, Michael Mahoney, Robert A. Neimeyer are among the stellar contributors to this book.

EMDR in the Treatment of Adults Abused as Children

Treatment of abuse survivors is extremely challenging, whatever the modality. Clients may experience intense emotional abreactions during therapy, report horrifying memories, and become stuck processing their experiences.

Brainspotting

Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David

Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what's going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy • Brainspotting in action—case studies and evidence 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 • Why working 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-scanning, so we can activate, locate, and process 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.

Evidence-Based Treatments for Trauma Related Disorders in Children and Adolescents

This handbook presents the current evidence-based psychological treatments for trauma related disorders in childhood and adolescence and in addition provides clearly structured, up-to-date information on the basic principles of traumatic stress research and practice in that age group, covering epidemiology, developmental issues, pathogenetic models, diagnostics, and assessment. Each of the chapters on treatment, which form the core of the book, begins with a summary of the theoretical underpinnings of the approach, followed by a case presentation illustrating the treatment protocol session by session, an analysis of special challenges typically encountered in implementing this treatment, and an overview of the current evidence base for the treatment approach. A special section considers modern treatments in particular settings, such as schools, hospitals, and juvenile justice systems, and the concluding chapters provide an integrative discussion on how to treat traumatized children and adolescents and an outlook. The book will be invaluable for clinical child and adolescent psychologists, child and adolescent psychiatrists, psychotherapists, and other mental health professionals working with traumatized children and adolescents.

The Therapeutic Community

This volume provides a comprehensive review of the essentials of the Therapeutic Community (TC) theory and its practical "whole person" approach to the treatment of substance abuse disorders and related problems. Part I outlines the perspective of the traditional views of the substance abuse disorder, the substance abuser, and the basic components of this approach. Part II explains the organizational structure of the TC, its work components, and the role of residents and staff. The chapters in Part III describe the essential activities of TC life that relate most directly to the recovery process and the goals of rehabilitation. The final part outlines how individuals change in the TC behaviorally, cognitively, and emotionally. This is an invaluable resource for all addictions professionals and students.

Self-Guided EMDR Therapy and Workbook

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 reprograming 10 target traumas 50 page journal About the author Katherine Andler is the author of Self-administered EMDR; Freedom from Anger, Anxiety and Depression)

A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants

"This is an excellent guide to the theory and practice of EMDR. It provides great clarity to readers unsure of how this therapy is conducted. If you want to know about EMDR, this is the book to have."

Score: 100, 5 stars --Doody's Learning to use EMDR safely and effectively requires the integration of a wide range of knowledge and skills. This guide serves as an orientation to the clinical, professional, and risk management issues that EMDR practitioners face in their daily practice. Following the eight-phase model of EMDR, the book provides clear, detailed guidelines to utilizing the standard EMDR protocols for treatment of posttraumatic stress disorder, phobias, and panic attacks. Included are guidelines for case formulation, treatment planning, and preparing patients for EMDR reprocessing. The guide also contains sample consultation agreements and forms for documenting case summaries and treatment outcomes. Key features: Includes charts, forms, illustrations, tables, and decision trees to guide treatment planning and documentation Presents case studies with transcripts illustrating the different protocols, as well as guidelines for informed decision making Discusses ethical issues in clinical application, consultation, supervision, and research With clear, concise treatment guidelines on the clinical use of EMDR, this book serves as an invaluable resource for practicing clinicians, supervisors, consultants, and clinic directors.

EMDR and Emergency Response

In eBook Format! Praise for Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters, from which this eBook is compiled: "In this latest insightful volume gathered and edited by Marilyn Luber, the authors have combined the lessons learned with personal accounts of how they proceeded. There is still much to be done to integrate mental health care effectively into disaster response worldwide, but this volume will help to point the way to best practices." -Robert Gelbach, PhD Past Executive Director at EMDR Humanitarian Assistance Programs EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. Using these standard procedures and protocols as its template, this eBook presents step-by-step scripts that enable new practitioners and seasoned EMDR clinicians, trainers, and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans when working with populations in the aftermath of such catastrophic events as earthquakes, mining accidents, tsunamis, and ongoing warfare. Interventions that can be put to use on site during perilous conditions and post-trauma are also presented for groups, including work with children, adolescents, and adults and with special populations. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of therapeutic difficulties and modalities while maintaining the integrity of the AIP model. The EMDR scripts for EMDR and Emergency Response, each with a corresponding summary sheet, include Emergency Response Procedure, Emergency Room and Wards Protocol, Recent Traumatic Episode Protocol, Recent Critical Incidents Protocol, Integrative Group Treatment Protocol for Children, and Integrative Group Treatment Protocol for Adults. Key Features: Provides protocols for practicing EMDR with victims of natural and man-made disasters Includes concise summary sheets for quick information retrieval in perilous circumstances Presents specific protocols for use with children, adolescents, adults, and special populations who are victims of catastrophes Offers step-by-step scripts that enable practitioners to enhance their expertise more quickly Highlights international perspectives

EMDR Solutions II: For Depression, Eating Disorders, Performance, and More

A clear and comprehensive guide to using EMDR in clinical practice. This edited collection—a follow-up to Shapiro's successful EMDR Solutions—presents step-by-step instructions for implementing EMDR approaches to treat a range of issues, written by leading EMDR practitioners. The how-to approach, mixed with ample clinical wisdom, will help clinicians excel when using EMDR to treat their clients. The units include: A comprehensive compendium of EMDR interventions for Depression, it begins with Robin Shapiro's Assessment, Trauma-Based and Endogenous Depression chapters, continues with Jim Knipe's Shame-Based Depression chapter, and ends with Shapiro's Attachment-Based chapter. The eight chapters of the Eating Disorder unit cover all the bases. From etiology to neurology through Preparation phases and treatment strategies, you'll learn how to work with Bulimia, Anorexia, Body Dysmorphia, Binge Eating Disorder, disorders of Desire and more. Andrew Seubert is the ring leader. The other writers are Janie Scholom, Linda Cooke, Celia Grand, DaLene Forester, Janet McGee, Catherine Lidov, and Judy Lightstone. Performance, Coaching, and Positive Psychology unit emphasizes strengths, skills, focus, and whatever gets in the way of reaching the goal. David Grand shares his foundational 15 Strategies for Performance enhancement. Ann Marie McKelvey

integrates EMDR with Coaching and Positive Psychology. The Complex Trauma unit includes Katie O'Shea's useful and user-friendly Preparation Methods and Early Trauma Protocol, Sandra Paulsen and Ulrich Lanius's brilliant collaboration Integrating EMDR with Somatic and Ego State Interventions, Liz Massiah's hair-raising Intrusive Images chapter, and Shapiro's treatment strategies for OCPD. Robin Shapiro gives an overview of Medically-Based Trauma and her strategies for successful treatment of Multiple Chemical Sensitivities. Katherine Davis shows us how Post-Partum "Depression" is often treatable Post-Partum PTSD. Ronald Ricci and Cheryl Clayton tell us how to use EMDR in our work with Sex Offenders and their complete therapeutic milieu. Martha S. Jacobi develops our "third ear" for using EMDR with Religious and Spiritually-Attuned clients. Contributors include: Cheryl Clayton, LCSW, Linda J. Cooke, LCSW, BCD, DaLene Forester, PhD, LMFT, David Grand, PhD., The Reverend Martha S Jacobi, M.Div., LCSW, Jim Knipe, PhD, Dr. Ulrich Lanius, Catherine Lidov, MSW, LCSW, Judy Lightstone, PhD, MA, MS, Elizabeth Massiah , MSW, RSW, Reg. Psychologist, Janet McGee, LCSW, Ann Marie McKelvey, LPCC, PCC, Katie O'Shea, MS, LMHC, Sandra Paulsen, PhD, Ronald J. Ricci, PhD, Janie Scholom, BSN, LCSW, Andrew Seubert, LPC, NCC.

A Guide to what Works for Anxiety Disorders