Emdr And The Art Of Psychotherapy With Children

Getting Past Your PastEye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols

Emdr And The Art Of Psychotherapy With Children

Getting Past Your Past

"Anyone who works with troubled children and their families should not miss this book. Healing the Fractured Child weaves together comprehensive theory and neurobiology that substantiate practical treatment guidelines for children and their families. The complexity of symptoms, diagnoses, assessment, use of medication, and a variety of innovative treatment approaches for stabilization, trauma processing and integration are explored and come to life through the clear, practical and touching clinical illustrations peppered throughout the book. Fran Waters has drawn on her vast clinical experience and thorough knowledge of current perspectives on dissociation and child therapy to write an integrative, readable, and immensely useful masterpiece, a gift to the field of child psychology and psychotherapy and to the many therapists, children and parents who will benefit from her wisdom." --Pat Ogden PhD, Founder, Sensorimotor Psychotherapy Institute; Author, Sensorimotor Psychotherapy Interventions for Trauma and Attachment

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"Inspiring, tragic, and at times heart-rendingly funny." --People Unsentimental, unexpectedly funny, and incredibly honest. Tragedy Plus Time is a love letter to every family that has ever felt messy, complicated, or (even momentarily) magnificent. Meet the Magnificent Cayton-Hollands, a trio of brilliant, acerbic teenagers from Denver, Colorado, who were going to change the world. Anna, Adam, and Lydia were taught by their father, a civil rights lawyer, and mother, an investigative journalist, to recognize injustice and have their hearts open to the universe—the good, the bad, the magnificent. Meet the Magnificent Cayton-Hollands, a trio of brilliant, acerbic teenagers from Denver, Colorado, who were going to change the world. Anna, Adam, and Lydia were taught by their father, a civil rights lawyer, and mother, an investigative journalist, to recognize injustice and have their hearts open to the universe—the good, the bad, the

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sister by the last page.

**EMDR and the Energy Therapies**

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 how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy 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.

**Attachment-Focused EMDR: Healing Relational Trauma**

This second edition teaches therapists to effectively use the entire EMDR therapy eight-phased treatment with children of all ages. Integrates an entire pediatric phase of EMDR therapy along with alterations to the phases of EMDR therapy (history taking, case conceptualization, and treatment planning) along with alterations to case conceptualization for target identification and organization. It incorporates newly published research documenting current evidence-based support of EMDR therapy with children. Basic skills for using EMDR therapy with children are explained, as well as transitions to more advanced skills for working with infants and toddlers, children with intellectual and developmental disabilities, and children in the welfare system. It integrates play therapy and other forms of expressive therapies. Speciality topics on using EMDR therapy include case conceptualization with diagnoses defined by the DSM-5 and ICD-10, newborn/neonate diagnoses, children with chemical dependency, and many more. Case studies woven throughout the text clearly demonstrate EMDR therapy applications, and summaries of published evidence support the efficacy of EMDR therapy, including studies from WHO and SAMHSA. Expanded to include all eight phases of EMDR therapy for infants and toddlers, preteens, and adolescents, this book continues to be the foundational EMDR text for therapists working with children. New to the Second Edition: Integrates developmental theory for use with children, adolescents, and teens; Includes breakthrough narrative therapeutic concepts with young children; Guides therapists in using EMDR therapy with specialty populations; Presents two new chapters—one on EMDR therapy with infants, toddlers, and preschoolers, and preschoolers with autism and Anderson syndrome; and a second on EMDR therapy with preteens and adolescents. Key Features: Serves as the foundational EMDR therapy text for therapists working with children; Details the skills—from basic to advanced—needed for best practices; Includes the most current research on EMDR therapy. -- Provided by publisher.

**EMDR and The Art of Psychotherapy With Children**

Praise for the First Edition: [Contains] invaluable material for the child therapist with varied theoretical backgrounds to more efficiently apply EMDR to children." --Frances Klaff, Journal of EMDR Practice and Research Rich with examples, scripts and useful info, I definitely recommend it. --Amazon, 5 stars This second edition focuses on teaching therapists to effectively use the entire pediatric phase of EMDR therapy for children of all ages, from infants to adolescents. The book details changes to the phases of EMDR Therapy (history taking, case conceptualization, and treatment planning) along with alterations to case conceptualization for target identification and organization. It incorporates newly published research documenting current evidence-based support of EMDR Therapy with children. The text includes a code which gives the reader online access to a video of one of the authors using EMDR Therapy with a three-year-old. This video provides the practitioner a first hand view of how the eight phases of EMDR Therapy can be applied with a toddler. The text details the basic skills required to use EMDR Therapy with children and transitions to more advanced skills including working with infants and toddlers, children with intellectual and developmental disabilities, and children in the welfare system. It integrates play therapy and other forms of expressive therapies. Speciality topics regarding using EMDR Therapy include case conceptualization with diagnoses defined by the DSM-5 and ICD-10, newborn/neonate diagnoses, children with chemical dependency, numerous situational issues ranging from testifying in court to bullying, and many more. Case studies woven throughout the text clearly demonstrate EMDR Therapy applications, and summaries of published evidence support the efficacy of EMDR Therapy including studies from WHO and SAMHSA. Aiming to provide best practice guidance for children who are in need of expert psychotherapy, this book details a new code that enables therapists to use the practice of EMDR Therapy with children. Expanded to include all eight phases of EMDR therapy for infants and toddlers, preteens and adolescents while incorporating all aspects of the eight phases of this comprehensive psychotherapy, this book continues to be the foundational EMDR text for therapists working with children. New to the Second Edition: Integrates developmental theory for use with children, adolescents, and teens Highlights additional specialties and protocols Includes breakthrough inclusion of narrative therapeutic concepts with young children Provides new resourcing and other scripts Integrates play therapy and other expressive therapies for use with any age client Guides therapists in using EMDR Therapy with specialty populations Presents two new chapters—one on EMDR Therapy with infants, toddlers and preschoolers and a second on preteens and adolescents. Each chapter includes cases of real clients that demonstrates the challenges and efficacy of using EMDR therapy with children. Revises phases of EMDR Therapy for history taking, case conceptualization, and treatment planning Provides a code for on-line access to a video of using EMDR Therapy with a toddler Key Features: Serves as the foundational EMDR Therapy text for therapists working with children Details the skills—from basic to advanced needed for best practices Includes the most current research demonstrating the efficacy of EMDR Therapy

**EMDR Toolbox**


**EMDR and the Art of Psychotherapy with Children**

Attachment-focused EMDR and resource tapping applied to the clinical challenge of addictions recovery. Writing for both EMDR therapists and substance abuse counselors, Laurel Parnell provides user-friendly tools to help support clients in recovery with EMDR-based techniques that can be easily integrated into all levels of addiction treatment. Emphasizing the practical clinical applications of principles and techniques helpful for addictions and addictive disorders, this book interweaves case material throughout the text, with some chapters presenting in-depth cases to illustrate the techniques. Topics include treating trauma and supporting resilience, tools for affect regulation, and rewiring the motivation-reward circuits.
Through the Eyes of a Child

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 Art of Psychotherapy With Children

An untainted and positive approach to life is a keystone to achieving happiness. Just as we fail to view a clear vista looking through a dirty glass, we fail to view the beauty of life looking through a mind riddled with negative memories. Eye Movement Reprocessing (EMDR)-although still in its early stages of global recognition—is a form of therapy that has helped millions with their psychological ailments. Extensive research has evidenced the efficacy of EMDR. EMDR is a psychotherapy that helps 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.


Instructions to the Therapist for Identifying Picture/Image

EMDR and the Art of Psychotherapy with Children

Eye Movement Reprocessing (EMDR), along with methods from the new field of energy psychology, such as Adaptive Information Processing (AIP) theory. The focus of the book is to teach therapists to effectively use the entire EMDR protocol with young children. The first chapter 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 with 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 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 children’s treatment.

EMDR Made Simple

"[This book contains] invaluable material for the child therapist with varied theoretical backgrounds to more confidently apply EMDR to children." -- Frances Klaff, for Journal of EMDR Practice and Research, Volume 3, Number 3, 2009 In this book the authors present an overview of how therapists can get started in conceptualizing psychotherapy with Eye Movement Desensitization and Reprocessing (EMDR) methodology through Adaptive Information Processing (AIP) theory. The focus of the book is to teach therapists to effectively use the entire EMDR protocol with young children. The book continues with chapters that detail the basic skills in using EMDR with 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 children’s treatment.
EMDR and the Relational Imperative

Exploring the nature of trauma and how best to deal with it is not only a timely task, it is a necessary one. While COVID, isolation, and social unrest aren’t necessarily cause trauma—trauma is about how one reacts to a thing, not the thing in itself—the fact is that these days many of us are dealing with some sort of trauma. How can we heal? Perhaps through a therapy known as EMDR, which stands for eye movement desensitization and reprocessing. Cowritten by Michael Baldwin, a patient who experienced transformative relief from trauma through EMDR therapy, and Dr. Deborah Korn, a therapy expert and author, EMDR and the Art of Psychotherapy With Children brings the good news of EMDR to countless readers who may not even know of it but would greatly benefit from using it. We learn the origins of EMDR and of its effectiveness in treating those suffering from post-traumatic stress disorder; how a session works; questions to ask a therapist before beginning. But we also learn a great deal about trauma—how it can refer to any experience, big or little, that is overwhelming, triggers strong negative emotions, and involves a sense of helplessness or isolation stored in our memory. It’s our body’s, waiting to be triggered; and how EMDR resolves it. Every Memory Deserves Respect is a warm, accessible, and helpful book, in part because of its innovative use of full-page photographs paired with a statement, definition, or affirmation. And that, combined with its mix of personal story and trusted authority, makes this an unusually effective introduction to a complicated and important subject.

Healing the Fractured Child

"[This book contains] invaluable material for the child therapist with varied theoretical backgrounds to more confidently apply EMDR to children." -- Frances Klaff, for Journal of EMDR Practice and Research, Volume 3, Number 3, 2009 This book the authors present an overview of how therapists can get started in conceptualizing psychotherapy with Eye Movement Desensitization and Reprocessing (EMDR) methodology through Adaptive Information Processing (AIP) theory. The focus of the book is to teach therapists to effectively use the entire EMDR protocol with young children. The first chapter 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 with 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 protocol with research findings, and to show how EMDR therapy can be used with children with schizophrenia and other psychoses.

Emdr and the Art of Psychotherapy With Children

This second edition teaches therapists to effectively use the entire EMDR therapy eight-phased treatment with children of all ages from infants to adolescents. The book details changes to the phases of EMDR therapy (history taking, case conceptualization, and treatment planning) along with alterations to case conceptualization for target identification and organization. It incorporates newly published research documenting current evidence-based support of EMDR therapy with children. Basic skills for using EMDR therapy with children are explained, as well as transitions to more advanced skills for working with infants and toddlers, children with intellectual and developmental disabilities, and children in the welfare system. It integrates play therapy and other forms of expressive therapies. Specialty topics on using EMDR therapy through the use of EMDR cases with diagnoses defined by the DSM-5 and ICD-10, newborn/neonate diagnoses, children with chemical dependency, and many more. Case studies woven throughout the text clearly demonstrate EMDR therapy applications, and summaries of published evidence support the efficacy of EMDR therapy, including studies from WHO and SAMHSA. Expanded to include all eight phases of EMDR therapy for infants and toddlers, preteens, and adolescents, this book continues to be the foundational EMDR text for therapists working with children. New to the Second Edition: Developmental theory for use with children, adolescents, and teens includes breakthrough narrative therapeutic concepts with young children. Guides therapists in using EMDR therapy with specialty populations presents new chapters—one on EMDR therapy with infants, toddlers, and preschoolers and a second on preteens and adolescents. Key Features: Serves as the foundational EMDR therapy text for therapists working with children Details the skills—from basic to advanced—needed for best practices Includes the most current research on EMDR therapy

Emdr Toolbox

Despite the numerous studies touting EMDR’s efficacy, it is still largely regarded as too complicated to understand, a major factor in why many who have been trained in EMDR no longer use it. EMDR Made Simple: 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical example, EMDR Made Simple will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

The Emdr Coloring Book II

"Dr. Paul Miller takes EMDR theory, research, and practice a major step forward with his new book. [He] explores the way both researchers and clinicians can successfully integrate EMDR theory and therapy into the current understanding and work with schizophrenia and other psychoses. I believe this volume will be a milestone in the development of EMDR." - Udi Oren, PhD, President, EMDR Europe Association. "The EMDR community has been waiting for Paul to publish this book! He has a tremendous reputation, nationally and internationally!" Uri Bergmann, PhD, Recent Past-President, EMDRIA Author, Neuropsychology for EMDR practitioners: 6 Ways to Apply This Proven Healing Resource to Your Work with Individuals with Schizophrenia and Other Psychotic Disorders. Written by the recognized world leader in using EMDR therapy to psychotrauma, the book delivers state-of-the-art research on this topic. It demonstrates how EMDR therapy can be safely used to help individuals with schizophrenia and other psychoses by formulating these disorders within a trauma-processing model. This book describes ICoN (Indicating Cognitions of Negative Networks), an easy-to-use modification to the standard EMDR therapy eight-phase model, and includes actual case studies to illustrate its use. These case studies of patients that have been successfully treated with EMDR therapy serve as valuable templates for clinicians regarding obtaining patient histories, examining mental states, case formulation, and treatment planning. Scripted materials provide additional guidance to therapists working with this client group. The book traces the
evolution of the phenomenology of psychoses from Kraepelin’s dementia praecox through to Kendler’s substantial nosological contribution to the modern phenotype for schizophrenia. Using Kendler’s criteria, it aids the clinician in identifying those most likely to benefit from EMDR therapy. The book demonstrates how to formulate cases within a trauma model to facilitate the strong therapeutic rapport needed when treating patients with psychoses. It describes the ICoNN model, which provides a semistructured method of formulating and treating complex cases, and underscores its value as a unifying model that facilitates research. Chapters reinforce the theoretical foundations of EMDR therapy through an integration of phenomenological and clinical facets of EMDR therapy with psychotic patients. KEY FEATURES: Guides clinicians in the safe, proven use of EMDR therapy to treat psychoses Authored by a recognized world leader in EMDR therapy for treatment of psychoses Describes ICoNN, an easily understood adaptation to the standard 8-phase EMDR therapy model Summarizes the trauma and dissociation literature Provides case examples and scripted materials to guide the therapist

EMDR and the Art of Psychotherapy with Children, Second Edition (Manual)

Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations. In EMDR Solutions you will find fifteen exemplary EMDR solutions, each of which develops the Standard Protocol in creative and highly effective ways. The book moves EMDR forward and expands the application of this powerful therapeutic approach. In this source book of therapeutic strategy and clinical insight, each chapter presents step-by-step instructions for implementing a particular EMDR solution with clients. Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol. Concrete and specific, the book can be used as a stand-alone resource to add to your EMDR skills or as a companion text to the standard EMDR protocol. EMDR Solutions gathered a stellar group of EMDR practitioners. Each of the contributors offers key therapeutic insights in an easy-to-digest form—Maureen Kitchur presents her Strategic Developmental Model, a meta-model for EMDR practice that encompasses all phases of the Standard Protocol, Ericksonian utilization language, and attachment-enhancing practices. Kitchur’s model gives a clear order for EMDR processing and a way to process wordless or implicit experience. Roy Kiesling offers his Resource Development strategies. Easy to learn, and very helpful for clients who are disorganized or in crisis, Kiesling’s methods turn resources into cognitive interweaves and ego states into resources. Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatments from history taking through processing to “It’s gone!” A. J. Popky turns the Subjective Units of Distress scale (SUDS) on its head by employing a lower SUDS level to facilitate positive change. Detour protocol with its Level of Urgency to Use (LOU) for the treatment of addictions and compulsive behavior. Jim Kline builds on Popky’s work with the SUDS and presents techniques for clearing love-sickness, procrastination, avoidance and codependence using the Level of Urgency to Avoid (LOUA). Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders. Twombly’s’s Three techniques of hypnosis and ego states to work while Lanius shows how to use opiate-inhibiting medication to allow EMDR to work with dissociated clients. Robin Shapiro addresses the Two-Hand Intereave, a simple but widely applicable exercise of discernment. Shapiro also contributes chapters on using EMDR with anxiety disorders, in differentiation-based couple’s therapy and with generational and cultural interventions. Elizabeth Turner engages children with art therapy, play therapy, and story telling in all phases of EMDR. Her chapter is the delight and carry on of the informative, easy-to-use book. Additional chapters by Carole Lovell, Andrew Seubert, Jim Cole, and Susan Schuhrein address EMDR with dialectical behavior therapy (DBT) with borderline clients, working with mentally retarded clients, a reenactment tool from guided imagery, and the binge/starve cycle of eating disorders. Whether you read EMDR Solutions cover-to-cover or peruse one chapter that speaks to a particular technique or client population, you will be adding crucial skills and knowledge to your EMDR toolkit.

EMDR and the Art of Psychotherapy with Children, Second Edition

Integrating the latest in attachment theory and research into the use of EMDR. Much has been written about trauma and neglect and the damage they do to the developing brain. But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood. This book presents a therapy that focuses on precisely these areas. Laurel Parnell, leader and innovator in the field of eye-movement desensitization and reprocessing (EMDR), offers us a way to embrace two often separate worlds of knowing: the science of early attachment relationships and the practice of healing within an EMDR framework. This beautifully written and clinically practical book combines attachment theory, one of the most dynamic theoretical areas in psychotherapy today, with EMDR to teach therapists a new way of helping clients with relational trauma and attachment deficits. Readers will find science-based ideas about how our early relationships shape the way we mind and brain develop from our young years into our adult lives. Our connections with caregivers induce neural circuit firings that persist through our lives, shaping how we think, feel, remember, and behave. When we are lucky enough to have secure attachment experiences in which we feel seen, safe, soothed, and secure—the “four S’s of attachment” that serve as the foundation for a healthy mind—these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain. EMDR is a powerful tool for catalyzing integration in an individual across several domains, including memory, narrative, state, and bilateral integration. In Laurel Parnell’s attachment-based modifications of the EMDR approach, the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non-secure attachment and developmental trauma. The book is divided into four parts. Part I lays the groundwork and outlines the five basic principles that guide and define the work. Part II provides information about attachment-repair resources available to clinicians. This section can be used as a reference source or as a stand-alone resource for therapists who are not trained in EMDR. Part III explores attachment-repair orientation, including client preparation, target development, modifications of the standard EMDR protocol, desensitization, and using interweaves. Case material is used throughout. Part IV includes the presentation of three cases from different EMDR therapists who used attachment-focused EMDR with their clients. These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice—giving the history and background of the clients, actual EMDR sessions, attachment-repair interventions within these sessions and the rationale for them, and information about the effects of the interventions and the course of treatment.

Goodbye Yucky Thoughts and Feelings: An EMDR Workbook for Children

The revolutionary new therapy for freeing the mind, clearing the body, and opening the heart.

Sensorimotor-Focused EMDR

Eye movement desensitization and reprocessing (EMDR) has helped thousands of adults haunted by traumatic events. But what about children? Millions of children witness violence in the home and in the streets. Many others are traumatized by accidents, natural disasters, abuse, and neglect. This book shows that EMDR can be successfully applied to children, which can ensure their mental health, growth, and development. Through the Eyes of a Child demystifies the application of EMDR for children, from the first session with the parents to later sessions with children at all developmental stages.
stages. The adult protocol is modified so that it can be applied to children as young as two years old (and possibly younger). A system of classification of childhood trauma that allows therapists to predict a child’s response to EMDR is presented. Variants of EMDR are also described, including automobile accidents, lightning strikes, bereavement, and specific phobias such as a fear of animals. In addition, cases illustrate success with complex traumas, where aspects of the trauma are ongoing and EMDR becomes part of several possible therapeutic interventions. EMDR is also discussed as an intervention for children who have problems that are not caused by traumas. Case illustrations show how EMDR can be used with children with ADHD, anxiety, depressive, or reactive attachment disorders, as well as learning difficulties and somatoform disorders. With its compelling, frank style, Through the Eyes of a Child will appeal to all who are interested in applying this revolutionary new therapy with children.

EMDR Therapy and Adjunct Approaches with Children

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, and panic disorders. During EMDR therapy sessions, you relive traumatic or triggering experiences in brief doses while the therapist directs your eye movements. EMDR is thought to be effective because recalling distressing events is often less emotionally upsetting when your attention is diverted. This allows you to be exposed to the memories or thoughts without having a strong psychological response. In this book you will read: the history of EMDR the basic of EMDR therapy the mechanisms underlying EMDR therapy the implications for psychotherapy and much more!

EMDR Therapy for Schizophrenia and Other Psychoses

The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book—now revised and expanded—has enhanced the clinical repertoires of more than 250,000 readers and has been translated into many languages. EMDR for the treatment of posttraumatic stress disorder (PTSD) has been developed, 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. Purchasers get access to a Web page where they can download and print the reproducible materials for a convenient 8 1/2” x 11” size. New to This Edition “Over 15 years of important advances in therapy and research, including findings from cognitive and neurophysiological studies. “New and revised protocols and procedures. “Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. “Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

EMDR as an Integrative Psychotherapy Approach

This book is designed to assist you (the EMDR therapist) in your work with children. Incorporating coloring, drawing, and positive affirmations, this simple but powerful tool can be used to identify a child’s memory targets, strengthen internal resources, and provide emotional grounding both in and outside of therapy sessions.

EMDR and the Art of Psychotherapy with Children, Second Edition

“This volume is a welcome and excellent resource for all clinicians working with severely traumatized children.” — Francine Shapiro, PhD Founder, EMDR Humanitarian Assistance Programs “Over the past 15 years, Ms. Gomez has developed highly original and brilliant interventions for working with these very difficult to treat children. This book will be an enormous gift to our field.” — Dr. Susan Coates Clinical Professor of Psychology in Psychiatry College of Physicians and Surgeons Columbia University This is the first book to provide a wide range of leading-edge, step-by-step strategies for clinicians using EMDR therapy and adjunct approaches with children with severe dysregulation of the affective system. Written by and for practitioners working with children, the book offers developmentally appropriate and advanced tools for using EMDR therapy in treating children with complex trauma, attachment wounds, dissociative tendencies, and compromised social engagement. The book also presents the theoretical framework for case conceptualization in EMDR therapy and in the use of the Adaptive Information Processing model with children. Principles and concepts derived from the Polyvagal Theory, affective neuroscience, attachment theory, interpersonal neurobiology, developmental neuroscience and the neurosequential model of therapeutics, which can greatly support and expand our understanding of the AIP model and complex trauma, are presented. The text also offers an original and pioneering EMDR therapy-based model to working with parents with abdicating caregiving systems. The model is directed at assisting parents in developing the ability for mentalization, mindfulness, and reflective capacities linked to infant development of attachment security. A unique and innovative feature of this book is the masterful integration of strategies from other therapeutic approaches, such as Play therapy, Sandtray therapy, Sensorimotor therapy, Theraplay and Internal Family Systems (IFS), into a comprehensive EMDR treatment maintaining appropriate adherence to the AIP model and EMDR therapy methodology.

EMDR Therapy and Adjunct Approaches with Children

Sensormotor-Focused EMDR combines two hugely influential and effective therapies, EMDR therapy and sensorimotor psychotherapy. This book provides the necessary tools to make EMDR therapy more effective for children, and introduces the use of new therapeutic techniques that can be used with children who present with symptoms of complex trauma and dissociation. This is because EMDR is primarily a top-down approach based on CBT, with the addition of bilateral stimulation to the treatment. Sensormotor Focused EMDR, on the other hand, is a bottom-up and bottom-up approach that seeks to resolve trauma by reprocessing information at multiple levels – in the gut-brain, the heart-brain and the head-brain, as well as in the endocrine, immune and nervous systems. Fully revised since The Art of BART (2015), the book looks at the latest advances in neuroscience, including research into the effectiveness of psychotherapy and the mysteries of consciousness and the development of mind. It also looks at the role of newly
discovered organs, the mesentery and the interstitium, and provides clear anatomical evidence for the communication of biophotons in energy channels known as the primo vascular system. SF-EMDR is the only therapy that fully integrates Western theories of affective neuroscience with Eastern observations on activation of chakras, pranas and energies, and in doing so it offers strong potential for enhanced outcomes and optimized performance for patients.

Rewiring the Addicted Brain with EMDR-Based Treatment

Using this workbook, the child EMDR psychotherapist guides the child client through the EMDR protocol. Visually appealing illustrations based on children’s drawings are used to encourage the child to draw imaginal and existing resources for strength, mastery, and comfort. Using these drawings, the therapist prepares the child for processing a trauma. Then, after the child draws a safe place, the therapist uses the workbook to help the child identify the thoughts, emotions, and body sensations related to the trauma. The child is then ready for Phase 4, desensitization and reprocessing of the trauma. The workbook continues by having the therapist guide the child client through the remaining phases of the protocol, finishing with a Certificate of Accomplishment for the child to keep. Instructions for the therapist and worksheets for the therapist’s notes are included.

EMDR with Children in the Play Therapy Room

“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 Lendi, 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 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 EMDR 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 that can be used for single or multiple traumas; updated information about the phases of EMDR Therapy—past, present, and future; and much, much more. The book provides concise coverage of the AIP model and EMDR principles, protocols, and procedures and addresses the types of targets accessed during the EMDR process. The book summarizes the Eight Phases of EMDR Therapy and the Stepping Stones of Adaptive Resolution—the components of the standard EMDR protocol. The building blocks of EMDR Therapy—past, present, and future—are assessed with regard to appropriate targeting and successful outcomes, as are abstractions, blocked processing, and cognitive interweaves. Detailed case studies demonstrate strategies to assist the client in reaching adaptive resolution of trauma. New to the Second Edition: Completely revised and updated Reflects the evolution of EMDR to an integrative therapeutic approach Expands specialized EMDR techniques Includes new strategies to overcome obstacles Presents new transcripts and case studies Provides “Detainment Possibilities” to alert clinicians to alert clinicians to potential problems of interest. The book has been expanded to include many new scripts and additional resources.

Small Wonders

Expanded to include EMDR therapy with infants to adolescents, this updated and revised manual— the only resource of its kind—accompanies the new second edition of the widely praised foundational text, EMDR and the Art of Psychotherapy With Children. The manual distills simple and practical ways to employ EMDR therapy scripted protocols and forms to effectively utilize the entire EMDR therapy eight-phased treatment with infants, toddlers, young children, preteens, and teens from a developmental perspective. It is organized in accordance with the book and provides step-by-step directions, session protocols, scripts, and forms for each phase of the protocol, along with instructions for integrating techniques and tools from play, art, sand tray, and other helpful therapies. The manual mirrors revisions to the text including changes to the phases of EMDR therapy and target identification and the integration of developmental theory into EMDR therapy for use with infants to adolescents. Additional revisions include coverage of new specialties and technologies, the presentation of breakthrough narrative concepts, new resources and scripts, guidance for the use of EMDR therapy with specialty populations, and new case studies of infants, toddlers, preteens, and adolescents. The manual will greatly assist therapists in their goal of providing best practices for children in need of expert psychotherapy. New to the Second Edition: Includes updated scripted protocols and forms Integrates developmental theory into the eight phases of EMDR therapy for use with infants, toddlers, preschoolers, children, preteens, and adolescents Highlights that describe additional specialties and protocols Includes breakthrough narrative therapeutic concepts to use with young children Provides new resourcing and other scripts for teaching children affect management Integrates play therapy and other expressive techniques for use with any age client Guides therapists in using EMDR therapy with specialty populations Presents case studies of EMDR therapy use with infants, toddlers, preteens, and adolescents Revises phases of EMDR therapy for history taking, case conceptualization, and treatment planning Offers updates for cognitive interweaves and other tools for blocked processing and client resistance to EMDR therapy Key Features Provides the only manual available to help therapists to use EMDR therapy with children ranging from infancy to adolescence Organized in accordance with the accompanying text Includes step-by-step instructions, scripts, and forms for each phase of the protocol Provides instructions for integrating techniques and tools from play, art, sand tray, and other helpful therapies Facilitates the skills— from basic to advanced— needed for best practices in doing so it offers strong potential for enhanced outcomes and optimized performance for patients.

The Emdr Coloring Book for Kids

“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.” —Rosalie Thomas, RN, PhD, 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
EMDR Essentials

“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 Guidelines

An EMDR Therapy Primer, Second Edition

Maximizes treatment of childhood trauma by combining two powerful modalities. This pioneering guidebook fully integrates the theoretical foundations and practical applications of play therapy and EMDR in order to maximize healing in children with trauma. By highlighting the work of innovative EMDR therapists and play and expressive art therapists and their pioneering clinical work, the authors provide a fully integrated approach to using EMDR in a play therapy context while being faithful to both play therapy principles and the 8 phases of the EMDR standard protocol. This book provides in-depth discussions on how leading innovators integrate their modalities—play therapy, art therapy, and EMDR. It includes a comprehensive look at complications of dissociation in trauma processing and how to manage these. Corresponding to the eight EMDR phases are twelve interventions, comprised of a brief rationale, step-by-step directions, materials needed, case examples, and supporting visual materials. Key Features: Integrates EMDR and play therapy to create a powerful method for treating children suffering from trauma. Includes contributing from dual-Credentialed EMDR clinicians and registered play therapists, art therapists, and sand tray practitioners. Offers a fully integrated approach to EMDR and play therapy faithful to the eight phases of standard EMDR protocol and play therapy principles. Includes a chapter on culturally sensitive EMDR and play therapy, and art therapy, art therapy, and EMDR. Describes how traditional play therapy creates an emotionally safe space for trauma work for children. Provides hands-on play therapy interventions for each EMDR phase in a quick reference format. Delivers multiple interventions with rationale, step-by-step directions, materials required, case examples, and visual aids. By Ana Gomez, leading author on the use of EMDR with children.

An EMDR Therapy Primer, Second Edition

Annotation Shapiro, the originator and developer of eye movement desensitization and reprocessing (EMDR), is joined by other Psychologists to offer a wide range of perspectives and opinions about the approach. Among their topics are information processing and an interpersonal neurobiology of psychotherapy, EMDR in conjunction with family systems therapy, and feminist therapy. Annotation: Book News, Inc., Portland, OR (booknews.com).

Every Memory Deserves Respect

This manual is based on EMDR theory created by Dr. Francine Shapiro and documented in Dr. Shapiro’s books (1995, 2001), and serves as an adjunct to EMDR and the Art of Psychotherapy with Children. This treatment manual provides a simple and practical way to use the EMDR scripts, protocols, and forms in psychotherapy with children and adolescents that are detailed in the book EMDR and the Art of Psychotherapy with Children. The manual was derived from the EMDR Fidelity Research Manual for children, which was created by these authors. By using a standard treatment protocol for providing EMDR psychotherapy for children and by conducting pre- and post-treatment assessments, therapists can also conduct their own study of treatment outcomes. In addition to contributing to research, the manual is beneficial to the therapist and the client in order to monitor treatment progress and outcomes. The manual is organized consistent with the chapters in the book and begins with the directions to the therapist, session protocols, therapist’s scripts, and forms for each phase of the protocol. Instructions to the therapist provide an overview of the goals for the specific phase of EMDR with suggestions for case conceptualization. Session protocols include the steps for the specific phase of treatment. Also provided are therapist’s scripts that include possible languaging for the therapist to use with the child written in italics. The final section of each phase includes forms for template the therapist to use for documentation and case planning. When using the EMDR protocol with children of any age, but especially with children, the therapist can integrate techniques and tools from play therapy, art therapy, sand tray therapy, and any other techniques with which the therapist determines are helpful for the client to express themselves.

EMDR and the Art of Psychotherapy with Children, Second Edition Set

“[R]ead this book gives 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 Loyde, 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

Transforming Trauma—EMDR

Childhood can be an exciting time, full of joyous exploration, new skills, friends, and imaginative play. It can also be very frightening, especially when children have experiences 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 the commonly accepted sense — abuse, disasters, 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 Solutions: Pathways to Healing

In easy-to-understand terms, Barb Maiberger explains EMDR to clients and, in turn, equips clinicians with a shorthand way of explaining it to their own patients. Topics include understanding trauma and its symptoms, how and why EMDR works (and when it won’t), how to find the right therapist, and sample relaxation exercises.

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