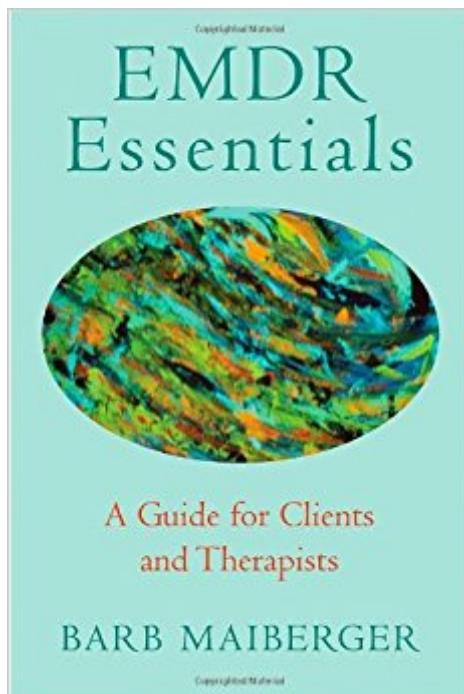


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# EMDR Essentials: A Guide For Clients And Therapists



## Synopsis

A consumer's handbook to the basics of EMDR therapy. Today, eye movement desensitization and reprocessing (EMDR) therapy is a widely used integrative protocol to help individuals access and overcome their traumatic memories. However, many •both clients and practitioners alike• still know very little about it, or are badly misinformed. To those not familiar with it, EMDR can seem overly theoretical and abstract, and if it's not practiced correctly, can be ineffective, or worse, harmful. But with a skilled therapist to carefully guide and facilitate the process, as the author writes, "relief is so great it often feels like magic." • The purpose of this concise handbook, written by a veteran EMDR practitioner, is to explain EMDR in a simple, straightforward way so that readers will know what to expect and how to prepare themselves for treatment. Many books on the subject delve into the theory or technical aspects of EMDR. This book does just the opposite. Maibergen focuses on the basics in an easy-to-read way so consumers and therapists alike can quickly understand what it's all about. The first part of the book lays the framework, describing the phases of EMDR treatment, the nature of trauma and its effect on memory, how to choose an EMDR therapist, safety issues, and answering why EMDR works and how it can work for children. In the second part of the book, case examples are presented from the author's clinical experience that put it all into practice, demonstrating exactly how EMDR therapy can successfully resolve deep emotional problems and traumas.

## Book Information

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## Customer Reviews

Maibergen's book fills a void that EMDR practitioners needed filled. It explains, in non-technical terms, what EMDR is, how it works, and what problems it can help with. It has lots of case stories that are interesting to read and show how EMDR worked in specific situations. I keep several copies on hand and lend them to clients who are considering EMDR. Clients get hopeful about their own healing when they have this information and examples. Jonathan Williamson, Psy.D., [...]

This book is a quick, easy read that explains EMDR with great case examples and user-friendly layout and language. I am a therapist and read it in a matter of hours and highly recommend it to all my clients.

Maibergen's book is an excellent resource. EMDR can feel like a complex process (to both client and therapist at times) and I find the book to be a useful anchor for me as a clinician -- helping me to stay rooted in basic principles of EMDR and access simple language that helps make it more clear to clients as well. It's an easy and interesting read. The book's content reflects Maibergen's extensive experience and gives good case studies to illuminate different components of EMDR. I have given this book to several clients before embarking on EMDR and they have said it alleviated some of their anxiety about the process, gives them a good understanding of what to expect and instills hope. A must have!

Barb is able to share experiences and information in a way that is understandable and intriguing to read. She uses story and research to highlight the importance and effectiveness of EMDR. By the end of the book, I was convinced that EMDR is something to try! Looking back through the book and noticing all that I underlined, I am appreciative of how thorough her book is in explaining the process of EMDR and offering a more inviting stance to working through trauma - something that can feel really scary at times. She also incorporates the workings of the brain and how its functioning is impacted by trauma and can be rewired through EMDR. Barb does an excellent job of softening the process and helped me gain a perspective of hope and even desire to work through my past trauma with EMDR. The book normalizes the impact trauma has on the brain and how it can play out in relationship and daily functioning. Thanks to Barb Maibergen, I have a better understanding of EMDR and hope that clients as well as clinicians will use this book to their benefit, as I have.

After reading this book, I feel that it would really help a new client to realize just what their treatment

would involve. It is great that the book does not have to be read from cover to cover to understand it. You can choose what to read.

I recently completed EMDR training as a clinician. I purchased this book to read and loan to clients interested in EMDR therapy. Barb has done an excellent job taking a complex subject and making it approachable, easy-to-understand, and inviting for clients considering this type of therapy. I highly recommend this book!

Barb was one of my trainers in 2007, and reading it was a great refresher course. . .and I do re-read it from time to time for that purpose. My big push to write this review pertains to a new [highly traumatized] client who had never before been to therapist and was having a struggle to trust me OR any therapeutic offerings. I finally talked her into reading this book, and she came back stating that she wanted to continue therapy. She told of recognizing herself in several places, and with a better understanding of EMDR she wants to get real help. She also told of talking to a troubled friend and telling him he needed to get help and EMDR!

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