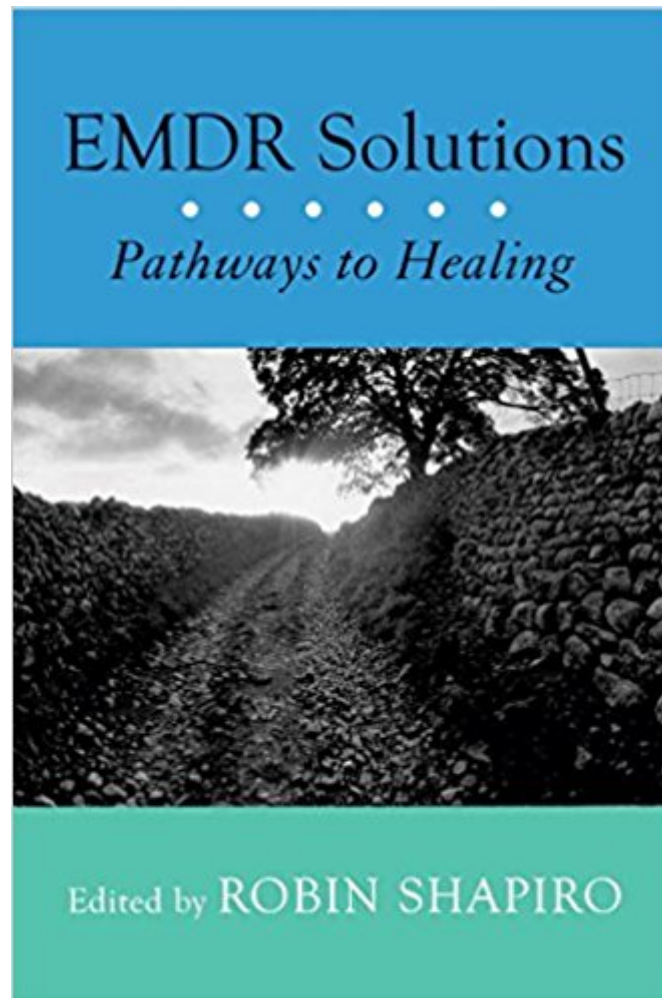




Ebook Directory
the best source of ebook

The book was found

EMDR Solutions: Pathways To Healing



Synopsis

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. These solutions move EMDR forward and expand 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 clinical work illustrated here will add to your fund of knowledge and broaden your practice. Robin Shapiro has 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 Kiessling offers his Resource Development strategies. Easy to learn and very helpful for clients who are disorganized or in crisis, Kiessling'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 treatment from history taking through processing to "It's gone!" - A. J. Popky turns the Subjective Units of Distress scale (SUDS) on its head by targeting inappropriate positive affect. Popky also shares his DeTUR protocol with its Level of Urge to Use (LOUU) for the treatment of addictions and compulsive behavior. - Jim Knipe builds on Popky's work with the SUDS and presents techniques for clearing love-sickness, procrastination, avoidance and codependence using the Level of Urge to Avoid (LOUA). - Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders. Twombly's applies techniques derived from hypnosis and ego-state work while Lanius shows how to use opiate-inhibiting medication to allow EMDR to work with dissociated clients. - Robin Shapiro addresses the Two-Hand Interweave, 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 introjects. - Elizabeth Turner engages children with art therapy, play therapy, and story telling in all phases of EMDR. Her chapter is the delightful cherry on top of this informative, easy-to-use book. Additional chapters by Carole Lovell, Andrew Seubert, Jim Cole, and Susan Schulherr 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 toolbox.Â

Book Information

Hardcover: 376 pages

Publisher: W. W. Norton & Company; 1 edition (July 17, 2005)

Language: English

ISBN-10: 2286000735

ISBN-13: 978-0393704679

ASIN: 039370467X

Product Dimensions: 6.5 x 1.3 x 9.6 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #711,043 in Books (See Top 100 in Books) #115 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Ophthalmology #182 inÂ Books > Medical Books > Medicine > Surgery > Ophthalmology #626 inÂ Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Customer Reviews

I bought this book as a recommendation from another colleague for specific needs with one client and was primarily interested in one particular chapter related to addictions. When I began reading I had a difficult time stopping. Each chapter was a jewel. I could think of numerous clients that I could assist using these expanded or adapted protocols and strategies. The best resource I have ever spent money on! If you are an EMDR trained clinician, this book is a must have!

I found this book to be a very clear and comprehensive guide to treating a variety of diagnoses with EMDR. It should only be utilized by therapists that have completed formal EMDR training, however, as it is not a substitute for the standard protocol and all variations are based on the assumption that clinicians are already trained in basic EMDR techniques.

This book is a fabulous adjunct to EMDR protocols for those practitioners using EMDR. With the book divided into specific chapters dealing with very early childhood trauma to those with addictions and everything in between--provides back ground as to why the standard EMDR doesn't work in all

situations. These chapters provide ways of dealing with various situations in alternative EMDR techniques that allows for healing for those with difficult situations and difficult presentation/coping.

Robin Shapiro's book is an excellent resource for clinicians trained in EMDR. She has assembled an amazing group of clinician authors who are using EMDR for a variety of presenting problems. I find myself turning to this book frequently. The information is practical and clearly presented. A must-have for anyone doing EMDR with clients. Highly recommended.

Very helpful, if one is relatively new to the practice of EMDR the aid is invaluable. For seasoned practioneers it's a great review.

[Download to continue reading...](#)

EMDR Solutions: Pathways to Healing F. G. A. Stone: Leaving No Stone Unturned: Pathways in Organometallic Chemistry (Profiles, Pathways, and Dreams) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Marma Points of Ayurveda: The Energy Pathways for Healing Body, Mind, and Consciousness with a Comparison to Traditional Chinese Medicine EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma Eye Movement Desensitization and Reprocessing (EMDR), Second Edition: Basic Principles, Protocols, and Procedures Sanando la Pandilla que Vive Adentro: CÃfÂ mo el EMDR puede sanar nuestros roles internos (Spanish Edition) EMDR Essentials: A Guide for Clients and Therapists Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crystals: Crystal Healing For

Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones,Relieve Stress, Energy Healing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)