

EMDR Solutions



Pathways to Healing



Edited by **ROBIN SHAPIRO**

Emdr Solutions Pathways To Healing

Marco Cascella



Emdr Solutions Pathways To Healing:

EMDR Solutions Robin Shapiro, 2018-11-23 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 **EMDR Solutions II** Robin Shapiro, 2009-02-24 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

EMDR Solutions I and II COMPLETE SET Robin Shapiro, Celia Grand, 2017-05-30 Robin Shapiro's successful EMDR Solutions and EMDR Solutions II now available in a two book set 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 Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or client population these practical therapeutic strategies and clinical insights

from EMDR practitioners who serve diverse clinical populations will be add crucial skills and knowledge to your EMDR toolbox The sequel EMDR Solutions II presents step by step instructions for implementing EMDR approaches to treat a range of issues written by leading EMDR practitioners Its how to approach mixed with ample clinical wisdom will help clinicians excel when using EMDR to treat their clients Together these two books form a comprehensive guide to understanding and implementing EMDR solutions in clinical practice

EMDR Solutions II: For Depression, Eating Disorders, Performance, and More Robin Shapiro, 2009-03-30 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

The Trauma Treatment Handbook: Protocols Across the Spectrum Robin Shapiro, 2010-10-11 The therapist s go to source for treating a range of traumatized patients With so many trauma treatments to choose from how can a therapist know which is best for his or her client In a single accessible volume Robin

Shapiro explains them all making sense of the treatment options available their advantages and disadvantages and how to determine which treatments are best suited to which clients **Emdr Essentials** Barb Maiberger,2009-01-13 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 *EMDR Made Simple* Jamie Marich,2011 Eye Movement Desensitization and Reprocessing EMDR has established itself as an evidence based psychotherapy for the treatment of trauma and other related mental health disorders 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 *EMDR* Francine Shapiro,Margot Silk Forrest,2016-09-13 Discover the essential guide to Eye Movement Desensitization and Reprocessing therapy EMDR from its pioneering creator Francine Shapiro Gain insights into how painful life experiences are physically stored in our brains and how EMDR therapy can bring relief Learn how EMDR techniques can be used to address trauma related conditions PTSD depression anxiety and other experience based disorders by exploring clinical case studies Understand why EMDR is hailed as the most important method to emerge in psychotherapy in decades EMDR is fundamental reading for practicing psychotherapists and anyone interested in understanding trauma healing processes and achieving better mental health

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Marilyn Luber,2009-05-18 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 [A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants](#) Andrew M. Leeds, 2009-06-22 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 *Treating Addictions With EMDR Therapy and the Stages of Change* Nancy J. Abel, John M. O'Brien, 2014-06-26 Print CourseSmart [Unlocking the Emotional Brain](#) Bruce Ecker, Robin Ticic, Laurel Hulley, 2022-03-23 In *Unlocking the Emotional Brain* authors Ecker Ticic and Hulley equip readers to carry out focused empathic therapy using the potent process of memory reconsolidation the recently discovered and only known process for actually unlocking emotional memory at the synaptic level The Routledge classic edition includes a new preface from the authors describing the book's widespread impact on psychotherapy since its initial publication Emotional memory's tenacity is the familiar bane of therapists and researchers had long believed that emotional memory forms indelible learning Reconsolidation has overturned these views It allows new learning to truly nullify not just suppress the deep intensely problematic emotional learnings that form outside of awareness during childhood or in later tribulations and generate most of the symptoms that bring people to therapy Readers will learn methods that precisely eliminate unwanted ingrained emotional responses whether moods behaviors or thought patterns causing no loss of ordinary narrative memory while restoring clients well being Numerous case examples show the versatile use of this process in AEDP coherence therapy EFT EMDR and IPNB [101 Trauma-Informed Interventions](#) Linda A. Curran, BCPC, LPC, CACD, CCDPD, EMDR Level II Trained, 2013-05-01 This is an imminently practical workbook that shows a variety of invaluable techniques to get centered

calm and organized An effective and enjoyable guide to help you feel in charge of yourself Bessel van der Kolk M D This is the workbook that all mental health professionals wish they had at the beginning of their careers Containing over 100 approaches to effectively deal with trauma this workbook pulls together a wide array of treatments into one concise resource Equally useful in both group and individual settings these interventions will provide hope and healing for the client as well as expand and solidify the professional s expertise Tools and techniques drawn from the most effective trauma modalities Art Therapy CBT DBT EFT EMDR Energy Psychology Focusing Gestalt Therapy Guided Imagery Mindfulness Psychodrama Sensorimotor Psychology Somatic Experiencing and Movement Therapies BONUS Book includes a link to all reproducible worksheets Print and use with clients right away Praise for 101 Trauma Informed Interventions Linda Curran s unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous exciting and comprehensive 101 Trauma Informed Interventions This workbook provides a plethora of effective tools traditional as well as innovative that can be used in whole or as a part of a course of therapy and also as self help The variety of options offered goes a long way towards dispelling the unfortunately popular misconception that there are only a limited number of interventions that help people to recover from trauma Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment evaluate and sort into a personally tailored trauma recovery program This workbook is a god send for the trauma field expanding the possibilities for recovery in a most generous way Babette Rothschild MSW author of The Body Remembers and 8 Keys to Safe Trauma Recovery Linda Curran has carefully and knowledgeably curated a practical effective collection of interventions that actually work for trauma survivors Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon because standard talk therapy nine times out of ten is simply not going to cut it These exercises will Belleruth Naparstek LISW author of Invisible Heroes Survivors of Trauma and How They Heal Drawing from the whole spectrum of trauma based therapies Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing Richard Schwartz Ph D author of Internal Family Systems Therapy 101 Trauma Informed Interventions provides an accessible functional playbook for therapists committed to the rehabilitation of the client with a trauma history In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated Stephen W Porges Ph D author of The Polyvagal Theory An interesting compendium of potential interventions that can be interwoven into any therapist s existing conceptual framework Louis Cozolino Ph D Pepperdine University and author of 5 books including the best seller The Neuroscience of Psychotherapy Healing the Social Brain 2nd edition *Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition*

Kathleen Wheeler,2013-12-11 Print CourseSmart **Treating Traumatic Stress Injuries in Military Personnel** Mark Charles Russell,Charles R. Figley,2013 Treating Traumatic Stress Injuries in Military Personnel offers a comprehensive treatment manual for mental health professionals treating traumatic stress injuries in veterans It is the first book to combine the most recent knowledge about new paradigms of combat related traumatic stress injuries and offers a practical guide for treating the spectrum of traumatic stress injuries with EMDR recognized by the Department of Veterans Affairs and Department of Defense clinical practice guidelines as one of the most well suited treatments for military related stress injuries

Treatment of Traumatized Adults and Children Allen Rubin,David W. Springer,2009-07-23 Praise for Treatment of Traumatized Adults and Children A major stumbling block to adoption of evidence based practice in the real world of clinical practice has been the absence of clinician friendly guides Such guides need to be understandable free of technical research jargon infused with clinical expertise and rich with real life examples Rubin and Springer have hit a home run with this series which has all of these characteristics and more Edward J Mullen Willma Albert Musher Chair and Professor Columbia University Rubin and Springer have assembled the wisdom of leading practitioners of evidence based practice interventions enhancing the likelihood that these practices will be adopted by helping professionals Written in the language of practitioners this book represents an exemplar for dissemination of evidence based practice information Joanne Yaffe Associate Professor University of Utah College of Social Work Evidence based interventions for treating traumatized adults and children Part of the Clinician s Guide to Evidence Based Practice Series Treatment of Traumatized Adults and Children provides busy mental health practitioners with detailed step by step guidance for implementing clinical interventions that are supported by the latest scientific evidence Edited by renowned educators Allen Rubin and David W Springer this thoroughly useful reference draws on a roster of experts and researchers in the field who have assembled state of the art knowledge into this well rounded guide and covers the following interventions that have the best empirical support for treating posttraumatic stress disorder Prolonged exposure therapy Trauma focused cognitive behavior therapy Eye Movement Desensitization and Reprocessing EMDR Easy to use and accessible in tone this indispensable resource is for practitioners who would like to implement evidence based compassionate and effective interventions in their care of traumatized clients Also in the Clinician s Guide to Evidence Based Practice Series Substance Abuse Treatment for Youth and Adults

Integrating EMDR Into Your Practice Liz Royle,Catherine Kerr,2010-04-22 The book offers practical guidance and strategies to avoid the common pitfalls of EMDR practice through the 8 phase protocol Chapters will include Frequently Asked Questions about subjects such as confidence and other horror stories that are often heard by EMDR therapists The text proposes to guide those therapists into a safer way of working while encouraging them to access accredited training and supervision for their practice The scope of the book is limited to EMDR practice with adults Key Features of this Book Case studies illustrate common pitfalls and strategies for preventing them FAQ s and Whatever you do don t do this provided for

each stage Narratives from EMDR clients offer insight for the practitioner

Doing Psychotherapy: A Trauma and Attachment-Informed Approach Robin Shapiro, 2020-02-25 How to start do and complete psychotherapy that is trauma and attachment based as well as culturally informed Most books about doing psychotherapy are tied to particular psychotherapeutic practices Here seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma and attachment informed approach that is not tied to any one model or method This book teaches assessment treatment plans enhancing the therapeutic relationship and ethics and boundary issues all within a general framework of attachment theory and trauma Practical chapters talk about working with attachment problems grief depression cultural differences affect tolerance anxiety addiction trauma skill building suicidal ideation psychosis and the beginning and end of therapy Filled with examples suggestions for dialogue and questions for a variety of therapeutic situation Shapiro s conversational tone makes the book very relatable Early career therapists will refer to it for years to come and veteran practitioners looking for a refresher or introduction to the latest in trauma and attachment work will find it especially useful

Inviting the Spirit of Play to Transform Trauma Monica C. Blum, 2025-09-17 This unique and accessible book unites leading edge trauma approaches with the power of playful practice to treat traumatized clients of all ages Abundant case examples and exercises show new and established therapists how to relationally engage a playful mindset not play therapy to accelerate trauma healing and transformation The book grows up the wisdom embedded in child based playfulness and grows down complex adult focused trauma theory Readers will discover how to playfully integrate scientifically supported healing principles of Polyvagal Theory Interpersonal Neurobiology Coherence Therapy Accelerated Experiential Dynamic Psychotherapy Sensorimotor Psychotherapy and Internal Family Systems along with broaden and build theory affective neuroscience structural dissociation mindfulness spirituality and more Most importantly this book will empower therapists working at the heart of trauma treatment to compassionately hold space for the depth of trauma s painful isolating effects while embodying play s life affirming joyful and transformational qualities to make trauma healing more fun creative engaging and effective

Child Psychotherapy Robbie Adler-Tapia, 2012-06-22 All too often children are diagnosed and medicated without the consideration that their symptoms may actually be a healthy response to stressful life events This integrative guide for mental health practitioners who work with children underscores the importance of considering the etiology of a child s symptoms within a developmental framework before making a diagnosis Providing advanced training and skills for working with children the book guides the therapist step by step through assessment case conceptualization and treatment with a focus on the tenets of child development and a consideration of the impact of distressing life events The book first addresses child development and the evolution of child psychotherapy from the perspectives of numerous disciplines including recent findings in neurodevelopmental trauma and neurobiology It discusses assessment measures the impact of divorce and the forensic legal environment on clinical practice recommendations for HIPAA compliance evidence based best practices for

treating children and the requirements for an integrated treatment approach Woven throughout are indications for case conceptualization including consideration of a child's complete environment Key Features Provides an integrative approach to child psychotherapy from the perspective of healthy development Offers an alternative to the medical model Discusses key theories of child development and psychotherapy Integrates a multimodal approach that considers a child's daily environment Includes a template for organizing and implementing a successful practice Features an instructor's manual and course syllabus

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