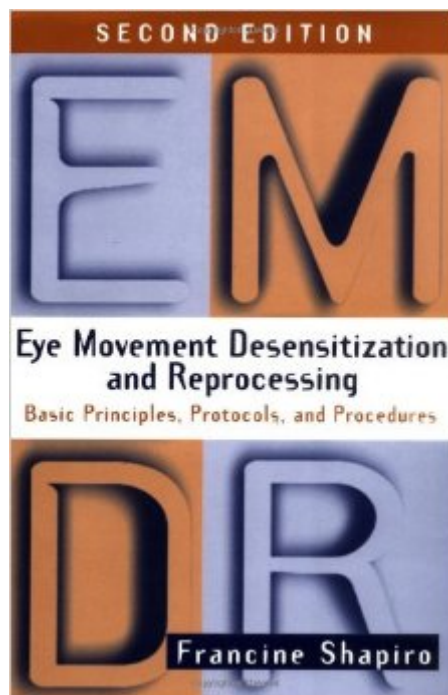


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# Eye Movement Desensitization And Reprocessing (EMDR): Basic Principles, Protocols, And Procedures, 2nd Edition



## Synopsis

This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 ([www.guilford.com/EMDR-appendices](http://www.guilford.com/EMDR-appendices)). These appendices comprehensively review current research on EMDR and its clinical applications. EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to This Edition: \*Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. \*Updated protocols and procedures for working with adults and children with a range of presenting problems.

## Book Information

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## Customer Reviews

This restatement of Francine Shapiro's standard overview of Eye Movement Desensitization and Reprocessing (EMDR) outlines the standard protocols for this proven treatment method. The methods, theory, and failsafe procedures are carefully explained for clinician practitioners. Careful liability reduction checks are examined and encouraged throughout the manual. This book alone is not a substitute for training in EMDR, yet will assist the new and veteran EMDR practitioner in remaining competent in the skills and theory. I keep it handy for frequent review.

Very informative and helpful book. While written for professionals in the fields of psychiatry, psychology and mental therapy, it can also be educational for lay people with better-than-average vocabulary who want to know more about this important technique for treatment of people with PTSD, victims of rape and other traumas or long-standing and repetitive memories stemming from negative childhood experiences.

This is a very information book. I am in the process of becoming certified in EMDR therapy, and this book has really helped me to understand the origins of EMDR, the reasons why it works, and how to use it in my practice. This book is a very useful tool in addition to an EMDR training program.

EMDR may be an excellent form of overcoming trauma, and the research tends to suggest it does, although if you read the literature in a disinterested way, you will find there are many mixed reports on study results. Some find EMDR equal to or better than Cog/Beh Therapy intervention; some find it better; some find it not as effective. As someone who has conducted experimental research, I wish to point out several issues that should be addressed, even for true believers. First, EMDR is a perfect intervention for a technological age: after all, don't all our life's problems supposedly have a technological solution. Our culture says so, but of course, history tells us otherwise. Spiritual meaning, social integration, a personal credo, culture and religion still appear to be the ingredients that hold us together..or as Paul Tillich says, "Our ground of being." Technology may be helpful but it is ultimately ancillary. Of course, those who suffer from trauma may require immediate relief, and if EMDR can reduce suffering efficiently and quickly, that's fine. HOWEVER, that being said, one must look a bit further. First, one must consider the individual client him/herself. EMDR helps us return to a traumatic event, see it more objectively, and hopefully allows us to use our reasoning faculties which may not have been in play during such events owing to stress, shock, immaturity, ignorance, and so forth. However, we all have varied levels of experiencing or "reliving" memory. Some can visualize quite easily and can "see" the experience as vividly, even more vividly than the true life

one. In keeping with Gardner's idea of "multiple intelligences," we should consider that different individuals have different "intelligences" in reconstructing or reliving events. Furthermore, we should consider that individuals have varying degrees in their ability to make associations. While a trauma may be a single event or several similar events, in all likelihood they have developed as narrative themes that compose the self-concept the client has. The better a client can connect the trauma to such themes, the more holistic the effect. A good EMDR clinician can encourage this reconstruction, but one should be aware that we have different cognitive styles. Second, some of us have more entry into traumatic events than others. This may be attributable to personality traits such as openness to self-disclosure, and environmental influences of trust, and/or varying levels of general repression of uncomfortable (let alone traumatic) thoughts and events. So, one size may not fit all. Another important variable that should be examined by practitioners/researchers is the background of the therapist. For example, since much of EMDR is used to uncover traumatic childhood events, I believe it is important that the therapist have a background in treating children--at least to some minimal level. For, as the client recalls events from childhood, he/she is recalling them as a child and may be in a child-like state during the process. Therefore, the therapist must be able to talk to the client as a child (not the inner child because EMDR, if it works for childhood trauma, brings the inner child "outward." Finally, the therapist must sense when the client is "ready" for the treatment. The trauma may be known, but the ability for the client to address the trauma in a safe and secure environment may take time to establish and nurture. I do not see the metaphor of the mind as a computer. If we begin to think that way, our society is in very big trouble. Much of our culture already does. In conclusion, this method should not be viewed as a mere technique, but like any intervention for change, as a technique largely dependent on the individual therapist/client. It helps to have a rich sensory life and a good sense-memory. A therapist might be able to jog some of it, but it still is a trait. And finally, about the eye movement part, there have been few studies comparing EMDR with and without the eye movements. Studies regarding whether they are necessary to the process have not been highly encouraging.

I have the hardback and the kindle version. I have to admit I like the Kindle version better. Fast read, understandable, and so much better than the 1st edition (which I have as well). Shapiro is amazing in how she explains EMDR and walks you through every step with samples and examples. There is absolutely no way that one can not grasp EMDR from her in-depth research and writing. By the way her writing is clear, concise, and comprehensive. Even the Kindle speech-to-text is excellent. Definitely for professionals. Not that someone who isn't in the field would not gain insight

from the book but it is targeted to those who wish to practice the modality. Why did I find the Kindle version better because I used speech-to-text which for me got me through the readings faster and with better understanding.

This book is a companion to the live course, the foundation for EMDR. A must have text if you are a therapist using this modality.

So far so good. Great digital format. Written specifically for clinicians or those with related training. Not intended for self-help. Shapiro has other wonderful books for that purchase. Thank you!

Must have text for clinicians preparing for EMDR training. Not for the lay person. Shapiro is a brilliant writer. Best textbook I have ever read -The cover removes from my hardback version and the dark blue plain book with gold lettering looks very professional and draws less attention as I take it everywhere to read - even the gym.

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