

EMDR Solutions II

*for Depression, Eating Disorders,
Performance, and More*



ROBIN SHAPIRO, Editor

Emdr Solutions 2

Kathryn Shafer



Emdr Solutions 2:

EMDR Solutions II Robin Shapiro, 2018-11-23 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 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 you 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 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 you 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 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

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets Marilyn Luber,2015-08-19 EMDR Therapy is a psychotherapy approach based on standard procedures and protocols This book is an important resource that focuses on applying EMDR Therapy to anxiety obsessive compulsive and mood related conditions using EMDR Therapy s standard procedures and protocols as its template The scripts distill the essence of the Standard EMDR Protocols and reinforce the specific parts sequence and language used to create an effective outcome Also it illustrates how clinicians are using this framework to work with a variety of conditions while maintaining the integrity of the Adaptive Information Processing AIP model Edited by a leading EMDR scholar and practitioner it delivers step by step protocols that enable beginning practitioners as well as seasoned EMDR clinicians trainers and consultants to enhance their expertise more quickly when treating clients or groups of clients with these conditions These chapters reflect the expertise of EMDR clinicians treating anxiety disorders including specific phobia panic disorder and generalized anxiety disorder obsessive compulsive disorders including body dysmorphic disorder olfactory reference syndrome and hoarding behaviors and mood disorders including bipolar disorder major depression and postpartum depression For each topic the authors include relevant questions for history taking helpful resources and explanations frequently used negative and positive cognitions and information on case conceptualization and treatment planning Consisting of past present and future templates the scripts are conveniently presented in an easy to use manual style format that facilitates a reliable consistent procedure Summary sheets for each protocol support quick retrieval of essential issues and components for the clinician when putting together a treatment plan for the client These scripted protocols and completed summary sheets can be inserted right into a client s chart for easy documentation Key Features Addresses working with issues related to clients with anxiety obsessive compulsive and mood related conditions such as specific fears and phobias panic disorder with and without agoraphobia body dysmorphic disorder hoarding behaviors bipolar disorder depressive disorders and postpartum depression prevention Describes how to use EMDR Therapy based on its standard

procedures and protocols Provides step by step scripts that enable practitioners to enhance their expertise more quickly and to assist consultants with consultation Provides past present and future templates and the 11 step procedure essential to EMDR Therapy practice Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information Available in print ebook and CD ROM *EMDR Toolbox, Second Edition* James Knipe, 2018-09-28 Praise for the first Edition Reading this book has given 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 Logie EMDR UK Ireland A brilliant and accessible book The information in this book will revolutionize EMDR treatment with complex trauma dissociated clients Carol Forgash LCSW BCD This book is a jewel for EMDR clinicians It is also recommended for any professional interested in the treatment of complex disorders Jim Knipe is a highly gifted professional and this is the result of many years of experience and practice Dolores Mosquera MS Amazon Review This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR based Tools useful strategies for helping difficult to treat clients with complex emotional problems The second edition reflects the author's ongoing efforts to design treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing model It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories It also describes how to integrate specific EMDR related interventions with other psychotherapeutic treatments Each intervention is examined in detail with accompanying transcripts client drawings and case studies illustrating the nuances and variations in intervention application Bolstered by supporting theory and current research the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR's Adaptive Information Processing AIP language New to the Second Edition Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems Includes two completely new chapters Internal Healing Dialogue and Case Example treating the problem of attachment to the perpetrator Provides new case examples on childhood sexual abuse Offers new sections on treating chronic defensive shame the importance of fast vs slow thinking processes and new applications of Loving Eyes procedures Includes ebook with the purchase of print version Key Features Written by an EMDRIA designated Master Clinician Delivers successful treatments alternatives for difficult to treat clients Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD Includes specific AIP tools verbatim therapy scripts client drawings and case studies Discusses each intervention in detail illustrating the nuances and variation in different applications *Integrating Relational Psychoanalysis and EMDR* Hemda Arad, 2017-09-22 Integrating Relational Psychoanalysis and EMDR Embodied Experience

and Clinical Practice provides contemporary theoretical and clinical links between Relational Psychoanalysis attachment theory neuroscience and Eye Movement Desensitization and Reprocessing all of which bring both the patient s and analyst s embodied experience into the forefront of clinical thinking and practice The author grounds an in depth view on the ways psychoanalysis and EMDR can be effectively integrated to complement each other through a presentation of fundamental concepts and an abundance of insightful and moving clinical vignettes Hemda Arad outlines the theoretical and clinical concepts that allow the integration of Relational Psychoanalysis with EMDR s unique contributions specifically appreciating the neurological and embodied experience in an individual s development in relation to the classic talking cure s approach to dealing with big T trauma and with small t everyday attachment related trauma Arad describes a view of a modified EMDR approach capable of reaching many patients beyond the trauma work for which it originally became known in order to lend its more embodied approach to the advancement of the relational endeavor Vivid clinical illustrations chosen to elucidate theoretical concepts make the complex theoretical ideas more accessible The clinical portions illustrate a range of ways that EMDR and relational work which may at first seem incompatible may be integrated to help therapists navigate the two methods Integrating Relational Psychoanalysis and EMDR Embodied Experience and Clinical Practice will appeal to psychoanalysts psychoanalytic psychotherapists and psychodynamic therapists who wish to learn about the relational tradition in theory and practice or are seeking a way to integrate their work with other versatile approaches such as EMDR as well as advanced students studying across these areas and EMDR clinicians who would like to broaden the scope of their skills

Trauma-Informed Approaches to Eating Disorders Andrew Seubert,Pam Viridi,2024-03-27 The most comprehensive and practical book examining the relationship between trauma dissociation and eating disorders This hands on clinical guide delivers a trauma informed phase model that promotes effective treatment for individuals with all forms of eating disorders The second edition includes the addition of new chapters addressing the impact of a variety of contemporary issues such as racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders as well as the treatment of eating disorders and trauma on children and teens Case studies are also included throughout the text to illustrate these issues among all types of clients with eating disorders Underscoring its effectiveness the book describes in depth a four phase treatment model encompassing team coordination case formulation and a trauma informed dissociation and attachment sensitive approach to treating eating disorders Authored and edited by noted specialists in eating and other behavioral health disorders the text examines these maladies from neurological medical nutritional and psychological perspectives Dedicated chapters address each treatment phase from a variety of orientations ranging from Eye Movement Desensitization and Reprocessing EMDR and Cognitive Behavioral Therapy CBT to body centered and creative therapies Recognizing the potential pitfalls and traps of treatment and recovery it also includes abundant psychoeducational tools for the client New to the Second Edition Delivers updated content throughout the text and new chapters addressing the impact of racism LGBTQIA bias COVID 19 and

neurodiversity on eating disorders Presents an EMDR ED protocol as an innovative approach for treating eating disorders
New chapter on the presence and treatment of eating disorders and trauma among children and teens Key Features Provides
an understanding of eating disorders from neurological medical nutritional and psychological perspectives Maps out a proven
trauma informed four phase model for approaching trauma treatment in general and eating disorders specifically Illuminates
the approach from the perspectives of EMDR therapy ego state therapy somatosensory therapy trauma focused CBT and
many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the
knowledge and expertise of over 25 international researchers medical professionals and clinicians *Neurobiology and*

Treatment of Traumatic Dissociation Ulrich F. Lanius, PhD, Sandra Paulsen, Sandra L. Paulsen, PhD, Frank M.

Corrigan, 2014-05-13 Print CourseSmart

Using Spirituality in EMDR Therapy Alexandra Dent, 2025-03-10 Using

Spirituality in EMDR Therapy offers a means for EMDR therapists to integrate a spiritual perspective into their own lives as
well as their clinical practice The book offers a valuable alternative to traditional forms of psychotherapy by placing an
emphasis on purpose and meaning Taking a spiritually informed model Heart Led Psychotherapy HLP which is applicable to
anyone regardless of their spiritual beliefs the book uses a BioPsychoSocioSpiritual approach to treat psychological distress
The book provides a comprehensive guide on how to incorporate spirituality into each of the 8 phases of EMDR therapy and
beyond It will increase your confidence to work spiritually with clients to deepen their transformative healing process and
support them to live a more authentic heart led life Illustrated with case studies to highlight key points and including a range
of practical resources exercises scripts and strategies this engaging book will be of great interest to EMDR therapists

The Trauma Treatment Handbook: Protocols Across the Spectrum Robin Shapiro, 2010-10-11 The ideal go to guide
for new and seasoned clinicians alike The Trauma Treatment Handbook provides a unique and invaluable tool that untangles
the complexities of assessing and treating traumatized patients and guides clients toward appropriate psychotherapeutic
interventions Book Jacket

Advanced Practice Psychiatric Nursing, Second Edition Kathleen Tusaie, Joyce J.

Fitzpatrick, 2016-10-14 This text reinvigorates the emphasis on the therapeutic relationship that is the core of nursing

practice It also relies on our strong history as therapists and introduces a need for integration of all aspects of care a true
holistic approach that characterizes the nursing perspective The book should serve as a review for nurses who are studying
for certification exams and is very useful for coursework in DNP programs as well as the masters programs in psychiatric
mental health nursing Grayce M Sills PhD RN FAAN Professor Emerita Ohio State University From the Foreword Now in its
second edition this groundbreaking text and reference continues to be the only resource for APRNs to focus on integrative
interventions for individuals with mental health problems across the lifespan Combining theory and practice it provides a
clear framework for integrating psychopharmacology psychotherapy and Complementary and Alternative Medicine CAM into
advanced practice nursing The second edition is thoroughly updated to reflect current research new classifications in DSM 5

genetic testing and increased use of telemental health delivery It builds upon its lifespan focus and updates quick access pediatric pointers and aging alerts Additionally the resource incorporates the 2014 publication of the ANA Scope and Standards of Practice for Psychiatric Nurses offers a new focus on QSEN requirements and responds to the need to reduce health disparities and address cultural considerations Organized around psychiatric syndromes the text covers neurobiology theory and research evidence related to psychopharmacology psychotherapy and CAM interventions It provides a virtual buffet of clear treatment options in the form of well designed decision trees and accompanying explanatory narratives The text also includes a section on such special considerations as substance misuse medical problems pregnancy and forensic issues that often co occur with psychiatric syndromes Concise clear language and abundant charts graphs and algorithms enhance the books value in supporting sound clinical reasoning New to the Second Edition Thoroughly updated evidence based content Encompasses new research Presents three completely new chapters on Integrative Management of Impulse Control Telehealth and Quality Improvement and Evidence Based Practice Includes the expertise of new contributors Reflects DSM 5 updates ANA Standard of Practice for Psychiatric Nurses and QSEN standards Updates quick access Pediatric Pointers and Aging Alerts Key Features Integrates theory and practice Simplifies complex concepts using clear language while retaining depth of information Supports clinical decision making skills through easy to follow Decision Trees Organized around psychiatric syndromes Edited by internationally acclaimed practitioner educators

Emotional Neglect and the Adult in Therapy Kathrin A. Stauffer, 2020-11-17 A clinical examination of the ways in which early neglect can impact adults throughout their lives and suggestions for therapists on how to help People who have experienced emotional neglect in the first months and years of life suffer negative consequences into adulthood As adult psychotherapy clients they require long term work and delicate emotional attunement as well as a profound understanding of the experiences that have shaped their inner worlds This book provides therapists with an in depth view of the subjective experience of such ignored children and a range of possible theoretical models to help understand key features of their psychological functioning Kathrin A Stauffer presents do s and don t s of psychotherapy with such clients She draws on broad clinical experience to help psychotherapeutic professionals deepen their understanding of ignored children and outlines available neurobiological and psychological data to assist therapists in designing effective therapeutic interventions

Advanced Practice Psychiatric Nursing Kathleen R. Tusaie, 2012-08-21 Print CourseSmart

Theories of Counseling and Therapy Jeffrey A. Kottler, Marilyn J. Montgomery, 2010-12 A core text for courses on Theories of Counseling and Psychotherapy this book represents an experiential approach to understanding and applying theory It is written in a student friendly style that enables students to comprehend the various and complex theories apply the material to their own lives through the use of many reflective exercises in every chapter and internalize the content of the course The original edition was published by Pearson The new edition will be updated and expanded In addition the new text will have more primary source material theory in

action boxes and Voice of Experience boxes that feature experts from the field In addition a DVD of several clinicians demonstrating their theory in action will be included and sample lesson plans with primary source material sample syllabus with class activities a table showing how the textbook can be used to meet specific accreditation requirements and practice quizzes for students will also be included

Falling Awake Kathryn Shafer, 2024-11-21 This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR Brainspotting and Yoga Nidra It provides clear guidance on how to safely use therapeutic tools and self regulation exercises for clinicians and individuals impacted by trauma addiction anxiety grief family dysfunction and stress It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own The science behind each modality and approach is explained in detail along with how they can be applied to maximize self care care and enhance the therapeutic relationship Techniques include case conceptualization the use of mental imagery directing attention to sensations in the body focused eye movements and positions and many more Dr Shafer draws on her extensive internationally recognised and evidence based research in this accessible and innovative book Clinicians will be able to diversify their scope of practice and further aid their clients healing through the integrative potential of The FUNTM Program EMDR Brainspotting and Yoga Nidra

Complementary, Alternative, and Integrative Health Helda Pinzon-Perez, Miguel A. Pérez, 2016-06-17 Complementary Alternative and Integrative Health A Multicultural Perspective provides a critical analysis of non allopathic healing practices including their uses limitations and scientific basis The evidence based discussion explores complementary alternative and integrative health CAIH across various cultural and ethnic groups both in the U S and internationally to give you a greater understanding of the different modalities including a literature backed examination of proven methods and questionable practices within a cross cultural framework Each chapter highlights the scientific analysis of the practices relevant to each group and guides you toward independent analysis of the risks and benefits of the practices discussed Emphasizing the student as a future health professional this book includes case studies examples questions and discussion problems that underscore the role of health educators in educating consumers about CAIH practices

Advanced Practice Psychiatric Nursing Kathleen Tusaie, Joyce J. Fitzpatrick, 2022-01-29 This textbook is our go to book it is an excellent overview of advanced practice in psychiatric nursing This is the text that we use in our seminar courses during clinical and we also use it in our review for our ANCC boards Our student s scores were 92% this past year We are very pleased with this textbook Dr Cheryl Zauderer PhD CNM PMHNP BC Associate Dean of Graduate Programs Co Coordinator PMHNP Program Hunter Bellevue School of Nursing Now in its third edition this revised reference continues to serve as the only foundational resource for APRNs to incorporate a focus on integrative interventions with mental health issues across the lifespan New chapters on Legal and Ethical Decision Making and LGBTQ Issues Care of Sexual and Gender Minority Patients and Increasing Resilience in Advanced Practice Mental Health Nurses shed light on vital contemporary issues This text offers

expanded coverage on telehealth population health and the updated AACN Essentials Additionally the third edition provides 10 practical case studies illustrating specific syndromes as well as 2019 updates to the ANCC certification exam It provides expanded instructor resources including a Test Bank and PowerPoints Comprehensive and practical this text is organized around commonly seen clinical constellations of psychiatric symptoms and covers neurobiology theory and research evidence along with pharmacological information relevant to each syndrome It delivers an abundance of valuable interventions from which clinicians and clients can co create the most effective individualized interventions Popular decision trees provide an algorithm to help students work through the process of evaluating and treating patients and a lifespan focus prepares students for treating patients in all age groups New to the Third Edition New Chapters Legal and Ethical Decision Making LGBTQ Issues Care of Sexual and Gender Minority Patients Increasing Resilience in Advanced Practice Mental Health Nurses Includes 10 new case studies delivering practical information on specific syndromes Updated to reflect 2019 ANCC certification exam and 2020 AACN Essentials Key Features Simplifies complex concepts using clear language while retaining depth of information Includes diverse treatment options decision trees easy to follow algorithms and pertinent pharmacological data Edited by internationally acclaimed PMH APRN practitioner educators Contains Aging Alerts and Pediatric Points Reflects the DSM 5 and discusses genetic testing Expanded instructor resources include a Test Bank and PowerPoints

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

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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

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Emdr Solutions 2 Introduction

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