



# A Therapist's Guide to EMDR

Tools And Techniques For Successful Treatment

Laurel Parnell

READ BY WENDY TREMONT KING

# Emdr Guide Successful Technique Therapist Tool Treatment

**Linda A. Curran, BCPC, LPC, CACD,  
CCDPD, EMDR Level II Trained**



## **Emdr Guide Successful Technique Therapist Tool Treatment:**

*A Therapist's Guide to EMDR* Laurel Parnell, 2010-02-17 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma. It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications. Areas essential to successful utilization of EMDR are emphasized. These include case conceptualization, preparation for EMDR, trauma processing, including resource development and installation, target development, methods for unblocking blocked processing, including the creative use of interweaves, and session closure. Case examples are used throughout to illustrate concepts. The emphasis in this book is on clinical usefulness, not research. This book goes into the therapy room with clinicians who actually use EMDR and shows readers how to do it in practice, not just in theory. In short, this is the new practical book on EMDR. *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 **Emdr Essentials** Barb Maiburger, 2009-01-13 In easy-to-understand terms, Barb Maiburger 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 and Attachment-Focused Trauma Therapy for Adults** Ann E. Potter, Debra Wesselmann, 2022-09-15 Delivers a unique comprehensive treatment that galvanizes inner resources for reorganizing personality and healing childhood attachment rifts. At the heart of this innovative text is a strengths-based Attachment Focused Trauma Therapy for Adults (AFTTA) that facilitates healthier functioning and attachment patterns for adult clients. This model uses a multimodal step-by-step approach to restructuring the internal personality system to reclaim the authentic Self by providing new attachment experiences for Child parts of Self and negotiating new adult life roles. AFTTA orients all inner personality components to the present moment in which unmet childhood needs for nurturing and protection can be met within clients themselves. The book delivers a sequence of scripted protocols that accesses and activates the client's own strengths, creating an internal system of resources and using bilateral stimulation to deepen positive affective shifts. Throughout the book, in Pause and Reflect sections, the authors encourage therapists to think about their own attachment patterns that emerge in therapy sessions and implement activities to enhance personal self-awareness and improve attunement to clients. Short vignettes and excerpts from client sessions illustrate the model's application, and end-of-chapter Points to Remember and Troubleshooting tips reinforce key concepts and underscore common therapy challenges and their solutions. The AFTTA model is useful not only for EMDR therapists but can be easily integrated with non-EMDR models of trauma therapy. Key Features: Presents protocols and protocol scripts for each step of the therapy process. Uses a PAC (parent-adult-child) model to help clients understand

parts of Self and normalize their inner experiences related to attachment trauma Delivers a standalone treatment for restructuring personality healing childhood attachment ruptures and developing effective adult life skills Integrates preparation and reprocessing phases of EMDR therapy Promotes in depth understanding of client behaviors through attachment and trauma models Emphasizes therapist self reflection to facilitate optimal therapeutic relationships Includes treatment vignettes and excerpts from client sessions to deepen understanding of AFTT A model Presents troubleshooting tips exercises and activities helpful checklists templates worksheets script examples and more      *Attachment Focused Emdr*

Laurel Parnell,2013-09-24 Integrating the latest in attachment theory and research into the use of EMDR Much has been written about trauma and neglect and the damage they do to the developing brain But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood This book presents a therapy that focuses on precisely these areas Laurel Parnell leader and innovator in the field of eye movement desensitization and reprocessing EMDR offers us a way to embrace two often separate worlds of knowing the science of early attachment relationships and the practice of healing within an EMDR framework This beautifully written and clinically practical book combines attachment theory one of the most dynamic theoretical areas in psychotherapy today with EMDR to teach therapists a new way of healing clients with relational trauma and attachment deficits Readers will find science based ideas about how our early relationships shape the way the mind and brain develop from our young years into our adult lives Our connections with caregivers induce neural circuit firings that persist throughout our lives shaping how we think feel remember and behave When we are lucky enough to have secure attachment experiences in which we feel seen safe soothed and secure the four S s of attachment that serve as the foundation for a healthy mind these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain EMDR is a powerful tool for catalyzing integration in an individual across several domains including memory narrative state and vertical and bilateral integration In Laurel Parnell s attachment based modifications of the EMDR approach the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non secure attachment and developmental trauma The book is divided into four parts Part I lays the groundwork and outlines the five basic principles that guide and define the work Part II provides information about attachment repair resources available to clinicians This section can be used by therapists who are not trained in EMDR Part III teaches therapists how to use EMDR specifically with an attachment repair orientation including client preparation target development modifications of the standard EMDR protocol desensitization and using interweaves Case material is used throughout Part IV includes the presentation of three cases from different EMDR therapists who used attachment focused EMDR with their clients These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice giving the history and background of the clients actual EMDR sessions

attachment repair interventions within these sessions and the rationale for them and information about the effects of the interventions and the course of treatment

**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      **Trauma Competency** Linda A. Curran,2009-12 Unique in its approach author Linda Curran not only defines and explains the current trauma paradigm relevant theories and current neuroscience but step by step demonstrates its in session clinical utility and applicability      **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 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 *A Therapist's Guide to EMDR* Laurel Parnell, 2007 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications Integrating EMDR Into Your Practice Liz Royle, MA, MBACP, Liz Royle, Catherine Kerr, 2010-04-22 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 **EMDR Therapy and Mindfulness for Trauma-Focused Care** Jamie Marich, Stephen Dansiger, 2017-11-28 Based on the belief that mindfulness is a critical component in the delivery of EMDR this innovative text integrates mindfulness informed practice with EMDR therapy to create an effective new approach for healing trauma Based on current evidence based research the book demonstrates with clear step by step guidelines how clinicians can conceptualize and deliver trauma focused care in both mental health and addiction treatment Infused with practical applications the book offers clearly articulated and effective approaches that provide a concrete beginning middle and end of treatment planning Following a description of the long history of mindfulness practices the book offers guidelines for developing one's own mindfulness practice emphasizing the use of trauma focused language and suggestions for teaching specific techniques to clients The book describes both classic and creative mindfulness practices including breath awareness sensory grounding breath meditation body scanning feeling tone meditation labeling standing meditation walking meditation and loving kindness meditation along with using day to day objects as a meditative focus movement practices the expressive arts and other forms of creativity Key Features Offers a complete framework for healing trauma by integrating mindfulness informed practice with EMDR therapy Provides clearly articulated step by step approaches that are evidence based Authored by noted experts in EMDR and mindfulness based therapies Includes guidelines for developing one's own mindfulness practice and tools for teaching specific practices to clients Describes both classic and creative mindfulness practices Trauma Made Simple Jamie Marich, 2014-03-05 In

Trauma Made Simple trauma expert Dr Jamie Marich brings her practical style of training to print using clinical common sense to wade through theory research and hype surrounding trauma Learn about trauma in a way that is relevant to clinical work including extensive coverage on PTSD and other diagnoses through a bio psycho social spiritual lens Make clinically informed decisions based on setting client preparedness and other contextual variables Develop strategies for treatment planning based on the best possible treatments in the field today Trauma Made Simple addresses a variety of issues that are imperative to trauma competency in clinical work including how to handle grief and mourning assessing for and addressing addiction even if you are not an addiction counselor and how to manage professional development issues including self care

**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

**Healing Trauma in Group Settings** Stephanie Wise, Emily Nash, 2019-10-28 Healing Trauma in Group Settings offers a unique focus on the highly valuable role of attuned co leader relationships in the practice of healing trauma Drawing on their extensive experience of co leadership the authors demonstrate how to maximize the potential for effective trauma work while remaining attuned to the needs of individual group members and the group as a whole With case studies transcripts and vignettes interwoven throughout chapters suggest ways in which clinicians can model co leader relationships as a means for developing a sense of interpersonal safety exploring difficult material and building opportunities for healing to take place Demonstrating how concepts of attunement can be utilized in real world settings Healing Trauma in Group Settings enables mental health professionals to forge connections with clients while drawing on the potential of co leadership in group therapy

Art, Angst, and Trauma Doris Banowsky Arrington, 2007 This important new text demonstrates how art therapy can make a major contribution to the treatment of children who are seriously ill in foster care physically and emotionally traumatized as well as deviant and addicted adolescents young adults and with the aftermath of a spouse's suicide The first three chapters of this book set the framework providing established developmental structure holistic interactions of mind body and attachment essentials for



human beings In the following chapters authors that are experts in facilitating art as healing with people of different ages and in different settings share their insights images and stories about treating developmental issues of angst and trauma Of special interest are the two chapters on brain development and function indicating that art therapy can make a major contribution to the healing of trauma because creative activity literally changes the traumatized typography of the brain Information about the importance of bilateral integration as seen in both Eye Movement Desensitization Reprocessing EMDR and art therapy contributing to healing trauma is discussed There is a special segment on art therapy and a new approach to the treatment of trauma with a sequence of chapters devoted to the ways art therapy facilitates healing of issues throughout the life span The Instinctual Trauma Response ITR is examined which resolves the client s trauma without abreaction or re-experiencing the event and without the use of medication In addition there is clinical documentation of the successful resolution of different kinds of trauma with a variety of clients at various stages of development These cases include the trauma of multiple surgeries family violence and witness to death The book concludes with a discussion of how art therapy has helped the elderly and their caretakers deal with issues of Alzheimer s and death This is a book that contains significant OC newOCO material that is a major contribution to the art therapy field

**Grief and the Expressive Arts** Barbara E. Thompson, Robert A. Neimeyer, 2014-01-10 The use of the arts in psychotherapy is a burgeoning area of interest particularly in the field of bereavement where it is a staple intervention in hospice programs children s grief camps specialized programs for trauma or combat exposure work with bereaved parents widowed elders or suicide survivors and in many other contexts But how should clinicians differentiate between the many different approaches and techniques and what criteria should they use to decide which technique to use and when Grief and the Expressive Arts provides the answers using a crisp coherent structure that creates a conceptual and relational scaffold for an artistically inclined grief therapy Each of the book s brief chapters is accessible and clearly focused conveying concrete methods and anchoring them in brief case studies across a range of approaches featuring music creative writing visual arts dance and movement theatre and performance and multi modal practices Any clinician expressive arts therapist grief counselor or something in between looking for a professionally oriented but scientifically informed book for guidance and inspiration need look no further than Grief and the Expressive Arts

*Equine-Assisted Mental Health Interventions* Kay Sudekum Trotter, Jennifer N. Baggerly, 2018-10-10 Written by internationally renowned equine assisted mental health professionals this edited collection teaches counselors how to design and implement equine assisted mental health interventions for different populations and various challenges Supported by ethical considerations and theoretical frameworks chapters cover common issues including depression anxiety grief ADHD autism eating disorders substance abuse self esteem social skills and communication couples and family work and professional development Each chapter provides practical tips for implementing treatment strategies case studies with transcript analyses and sample session notes This book will appeal to both the expert equine assisted mental health

counselor and the seasoned counselor who is open to partnering with an equine practitioner to help their clients in new and innovative ways      Counseling Cops Ellen Kirschman, Mark Kamena, Joel Fay, 2015-09-24 Grounded in clinical research extensive experience and deep familiarity with police culture this book offers highly practical guidance for psychotherapists and counselors The authors vividly depict the pressures and challenges of police work and explain the impact that line of duty issues can have on officers and their loved ones Numerous concrete examples and tips show how to build rapport with cops use a range of effective intervention strategies and avoid common missteps and misconceptions Approaches to working with frequently encountered clinical problems such as substance abuse depression trauma and marital conflict are discussed in detail A new preface in the paperback and e book editions highlights the book s relevance in the context of current events and concerns about police community relations See also Kirschman s related self help guide I Love a Cop Third Edition What Police Families Need to Know an ideal recommendation for clients and their family members

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