

**TREATING ANXIETY, OBSESSIVE-COMPULSIVE,  
AND MOOD-RELATED CONDITIONS**

**EYE MOVEMENT DESENSITIZATION AND REPROCESSING**

# **EMDR THERAPY**

**SCRIPTED PROTOCOLS AND  
SUMMARY SHEETS**

**Eye Movement Desensitization And Reprocessing Emdr  
Therapy Scripted Protocols And Summary Sheets  
Treating Anxiety Obsessive Compulsive And Mood  
Related Conditions Pdf**

**Marilyn Luber, PhD**



# **Eye Movement Desensitization And Reprocessing Emdr Therapy Scripted Protocols And Summary Sheets Treating Anxiety Obsessive Compulsive And Mood Related Conditions Pdf**

**Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols** Marilyn Luber, PhD, 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 in workbook format for individual or group EMDR. EMDR to enhance performance and positive emotion.

**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 is an important resource that focuses on applying EMDR therapy to anxiety, obsessive-compulsive, and mood-related disorders using EMDR Therapy's standard procedures and protocols as its template. 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 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 Comprised 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 while 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 Scripts and summary sheets are available also in an expandable downloadable format for easy digital access for each protocol to simplify the gathering of information and to document it in clients charts in a consistent format This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information

**Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters** Marilyn Luber,2013-11-25 Print CourseSmart

**Handbook of EMDR and Family Therapy Processes** Francine Shapiro,Florence W. Kaslow,Louise Maxfield,2011-01-31 Starting with the Foreword by Daniel Siegel MD the Handbook demonstrates in superb detail how you can combine EMDR s information processing approach with family systems perspectives and therapy techniques An impressive and needed piece of work Handbook of EMDR and Family Therapy Processes provides a clear and comprehensive bridge between individual and family therapies

[EMDR for Clinician Self-Care](#) Marilyn Luber, PhD,2015-09-23 In eBook Format Praise for Implementing EMDR Early Mental Health Interventions for Man Made and Natural Disasters from which this eBook is compiled In this latest insightful volume gathered and edited by Marilyn Luber the authors have combined the lessons learned with personal accounts of how they proceeded There is still much to be done to integrate mental health care effectively into disaster response worldwide but this volume will help to point the way to best practices Robert Gelbach PhD Past Executive Director at EMDR Humanitarian Assistance Programs EMDR Therapy is an integrative psychotherapy approach based on standard procedures and protocols EMDR practitioners have been called upon worldwide to respond to traumatized populations in the aftermath of catastrophes both natural and manmade As a result of working with these populations therapists are often prone to vicarious traumatization secondary stress disorder and compassion fatigue This eBook presents step by step scripts using the standard procedures and protocols of EMDR therapy as their template that enable psychotherapists to practice self care while treating traumatized populations These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three prong protocol past memories present triggers and future templates and the 11 step procedure essential to the standard practice of EMDR Therapy The eBook delivers EMDR procedures and protocols gleaned from the responders to the massacre of schoolchildren in Newtown CT vicarious trauma experiences and worst case scenarios in recent trauma

response all with accompanying summary sheets Key Features Provides concise step by step EMDR scripts for practicing self care when working with traumatized populations Includes concise summary sheets for quick information retrieval during perilous situations Presents scripts that retain the complete integrity of EMDR protocol

**Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets** Dr. Marilyn Luber, PhD, 2015 EMDR Therapy is a psychotherapy approach based on standard procedures and protocols This book using EMDR Therapy s standard procedures and protocols as its template presents step by step scripts that enable new practitioners and seasoned EMDR clinicians trainers and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans while working with patients who have issues related to trauma anxiety and mood related conditions These scripts which can be put to use immediately retain the complete integrity of EMDR Therapy by presenting the three prong protocol past memories present triggers and future templates and the 11 step procedure essential to the standard practice of EMDR Therapy This book is also available as a CD ROM The book covers the use of EMDR Therapy with anxiety trauma anxiety and mood related conditions ranging from Trauma and Stress Related Disorders such as Reactive Attachment Disorder PTSD etc Anxiety Disorders such as Specific Phobia Panic Disorder etc Obsessive Compulsive and Related Disorders such as OCD and Hoarding Behaviors etc to Mood Related Disorders such as Bipolar Disorder Major Depression etc and Self Care for Clinicians This text includes summary sheets for each protocol to facilitate the gathering of requisite information and to documenting it in the client s chart in a consistent format This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans Key Features Describes how to use EMDR Therapy based on its standard procedures and protocols Addresses working with issues related to patients with trauma anxiety obsessive compulsive and mood related disorders Provides step by step scripts that enable beginning practitioners to build their expertise more quickly and or consultants to assist them Includes summary sheets for each protocol to facilitate information gathering and consistent documentation in the client s chart for quick retrieval Contains detailed approaches and ways to conceptualize cases with trauma anxiety obsessive compulsive and mood related disorders developed by recognized EMDR experts Emphasizes the importance of self care for clinicians

Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy Carol Forgash, LCSW, BCD, Margaret Copeley, MEd, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis This volume which takes a multi perspective approach to the practice of EMDR and Ego State Therapy presents a wide variety of ways to integrate these two therapies both with each other and with other complementary methods in the treatment of trauma and dissociation European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits This book pioneers the integration of EMDR with ego state techniques and opens new and exciting vistas for the practitioners of each From the foreword by John G Watkins PhD founder of ego

state therapy This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population This book blends concepts from neurobiology hypnosis family systems theory and cognitive therapy to enhance treating this population It is a well written book that the novice as well as the seasoned clinician can benefit from Mark Dworkin author of EMDR and the Relational Imperative This book conveys complex concepts that will be of interest to seasoned therapists with a clarity that will appeal to the novice as well This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma Sarah Chana Radcliffe M Ed C Psych Assoc Author Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR It is the first of its kind anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients Sara G Gilman in Journal of EMDR Practice and Research Volume 3 2009 This is a book about polypsychism and trauma It offers a number of creative syntheses of EMDR with several models of polypsychism It also surveys and includes many other models of contemporary trauma theory and treatment techniques The reader will appreciate its enrichment with case examples and very generous bibliographic material If you are a therapist who works with patients who have been traumatized you will want this book in your library Claire Frederick MD Distinguished Consulting Faculty Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years In the process awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice By integrating it with ego state therapy this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population Steven N Gold PhD President Elect APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma

**EMDR Toolbox** James Knipe, PhD, 2014-08-05 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 This book is the first to bring together in one volume an overview of the principal issues in treatment of dissociative disorders in complex PTSD and a description of the integration of specific EMDR related interventions or tools with other psychotherapeutic treatments These tools can significantly extend the therapeutic power of EMDR related methods Each intervention is examined in detail with accompanying transcripts

illustrating the nuances and variations in how the intervention is applied It is written by a highly esteemed EMDR scholar trainer international speaker and author who is an EMDRIA designated Master Clinician The book discusses how the concepts and vocabulary of other models of dissociation particularly the Theory of Structural Dissociation of the Personality and the Internal Family Systems model translate directly into EMDR s Adaptive Information Processing language It presents detailed descriptions of specific EMDR related tools that are useful in facilitating and safely accelerating therapeutic progress with clients suffering from Complex PTSD These include such standard EMDR procedures as Trauma Processing and Resource Installation several conceptual cognitive phenomenological models of dissociative personality structures and symptoms and specific EMDR interventions for resolving dysfunctionally stored post traumatic elements The book will be of great value to therapists who wish to extend their use of basic EMDR with easier clients to using it effectively with more complex clients Key Features Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a hands on resource for using specific EMDR procedures Describes each intervention in detail illustrating the nuances and variations in different applications Includes specific AIP tools actual therapy scripts and client drawings Covers DSM V PTSD criteria

*EMDR with First Responders* Marilyn Luber, PhD, 2015-09-23 In eBook Format Praise for Implementing EMDR Early Mental Health Interventions for Man Made and Natural Disasters from which this eBook is compiled In this latest insightful volume gathered and edited by Marilyn Luber the authors have combined the lessons learned with personal accounts of how they proceeded There is still much to be done to integrate mental health care effectively into disaster response worldwide but this volume will help to point the way to best practices Robert Gelbach PhD Past Executive Director at EMDR Humanitarian Assistance Programs EMDR Therapy is a psychotherapy approach based on standard procedures and protocols Using these standard procedures and protocols as its template this book presents step by step scripts that enable new practitioners and seasoned EMDR clinicians trainers and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans when working with first responders who have suffered acute stress injuries during man made and natural disasters These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three prong protocol past memories present triggers and future templates and the 11 step procedure essential to the standard practice of EMDR Therapy They reinforce the specific parts sequence and language used to create an effective outcome and illustrate how clinicians are using this framework to work with a variety of therapeutic difficulties and modalities while maintaining the integrity of the AIP model The eBook illuminates early intervention procedures for first responders and protective service workers who must assist populations in the aftermaths of catastrophic events It includes information and summary sheets created specifically for different types of first responders including firefighters and EMS professionals the police and the military It also includes an underground trauma protocol designed for trauma related to mining disasters and a Blind to Therapist Protocol Key Features Provides protocols for

practicing EMDR with first responders to man made and natural disasters Includes concise summary sheets for quick information retrieval in perilous circumstances Presents specific protocols for use with firefighters EMS responders the police the military and first responders to mining disasters Offers step by step scripts that enable practitioners to enhance their expertise more quickly Highlights international perspectives [Innovations in CBT for Childhood Anxiety, OCD, and PTSD](#) Lara J. Farrell, Thomas H. Ollendick, Peter Muris, 2019-04-25 The book collates the latest innovations in cognitive behavioral therapy for child and adolescent anxiety disorders obsessive compulsive disorder OCD and post traumatic stress disorder PTSD [Eye Movement Desensitization and Reprocessing \(EMDR\) Therapy Scripted Protocols and Summary Sheets](#) Marilyn Luber, PhD, 2018-10-28 This one stop resource focuses on applying EMDR scripted protocols to medical related conditions Edited by a leading EMDR scholar and practitioner it delivers a wide range of step by step protocols that enable beginning clinicians as well as seasoned EMDR clinicians trainers and consultants alike to enhance their expertise more quickly when working with clients who present with medical related issues The scripts are conveniently outlined in an easy to use manual style template facilitating a reliable consistent format for use with EMDR clients The scripts distill the essence of the standard EMDR protocols They reinforce the specific parts sequence and language used to create an effective outcome and illustrate how clinicians are using this framework to work with a variety of medical related issues while maintaining the integrity of the AIP model Following a brief outline of the basic elements of EMDR procedures and protocols the book focuses on applying EMDR scripted protocols to such key medical issues as somatic disorders medical trauma cancer multiple sclerosis hyperemesis gravidarum and birth trauma It includes summary sheets for each protocol to facilitate gathering information client documentation and quick retrieval of salient information while formulating a treatment plan Key Features Encompasses a wide range of step by step scripts for medical related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual style template Includes scripts for EMDR treatment of clients with somatic disorders medical trauma cancer multiple sclerosis birth trauma and more [Eye Movement Desensitization and Reprocessing \(EMDR\) Therapy Scripted Protocols and Summary Sheets](#) Marilyn Luber, PhD, 2015-08-20 EMDR Therapy is a psychotherapy approach based on standard procedures and protocols Using EMDR Therapy s standard procedures and protocols as its template this book presents step by step scripts that enable new practitioners and seasoned EMDR clinicians trainers and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans while working with patients who have issues related to trauma and stressor related conditions These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three prong protocol past memories present triggers and future templates and the 11 step procedure essential to the standard practice of EMDR Therapy They reinforce the specific parts sequence and language used to create an effective outcome and illustrate how clinicians are using this framework to work with a variety of



therapeutic difficulties and modalities while maintaining the integrity of the Adaptive Information Processing AIP model This text covers the use of EMDR Therapy with such conditions as reactive attachment disorder PTSD acute stress disorder and persistent complex bereavement disorder as well as with traumatized patients with psychosis trauma in emergency 911 telecommunicators and compassion fatigue Scripts and summary sheets simplify the gathering of information and ensure documentation in clients charts in a consistent format This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information Key Features Describes how to use EMDR Therapy based on its standard procedures and protocols Addresses working with issues related to patients with trauma and stressor related conditions such as reactive attachment disorder PTSD acute stress disorder and persistent complex bereavement Provides step by step scripts that enable practitioners to enhance their expertise more quickly and assist consultants with consultation Describes the three prong protocol and the 11 step procedure essential to EMDR practice Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information Emphasizes the importance of self care for clinicians Available in print ebook and CD ROM Principles and Practice of College Health John A. Vaughn,Anthony J. Viera,2020-12-04 This unique and comprehensive title offers state of the art guidance on all of the clinical principles and practices needed in providing optimal health and well being services for college students Designed for college health professionals and administrators this highly practical title is comprised of 24 chapters organized in three sections Common Clinical Problems in College Health Organizational and Administrative Considerations for College Health and Population and Public Health Management on a College Campus Section I topics include travel health services tuberculosis eating disorders in college health and attention deficit hyperactivity disorder among college students along with several other chapters Subsequent chapters in Section II then delve into topics such as supporting the health and well being of a diverse student population student veterans health science students student safety in the clinical setting and campus management of infectious disease outbreaks among other topics The book concludes with organizational considerations such as unique issues in the practice of medicine in the institutional context situating healthcare within the broader context of wellness on campus organizational structures of student health funding student health services and delivery of innovative healthcare services in college health Developed by a renowned multidisciplinary authorship of leaders in college health theory and practice and coinciding with the founding of the American College Health Association 100 years ago Principles and Practice of College Health will be of great interest to college health and well being professionals as well as college administrators **Treatment Plans and Interventions for Depression and Anxiety Disorders** Robert L. Leahy,Stephen J. Holland,Lata K. McGinn,2011-10-26 \_This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice Chapters provide basic information on depression and the six major anxiety disorders step by step instructions for evidence based assessment and intervention

illustrative case examples and practical guidance for writing reports and dealing with third party payers In a convenient large size format the book features 125 reproducible client handouts homework sheets and therapist forms for assessment and record keeping The included CD ROM enables clinicians to rapidly generate individualized treatment plans print extra copies of the forms and find information on frequently prescribed medications \_New to This Edition The latest research on each disorder and its treatment Innovative techniques that draw on cognitive behavioral mindfulness and acceptance based approaches Two chapters offering expanded descriptions of basic behavioral and cognitive techniques 47 of the 125 reproducibles are entirely new \_\_ Provided by publisher **Child and Adolescent Behavioral Health** Edilma L.

Yearwood,Geraldine S. Pearson,Jamesetta A. Newland,2021-03-09 Research has shown that a range of adult psychiatric disorders and mental health problems originate at an early age yet the psychiatric symptoms of an increasing number of children and adolescents are going unrecognized and untreated there are simply not enough child psychiatric providers to meet this steadily rising demand It is vital that advanced practice registered nurses APRNs and primary care practitioners take active roles in assessing behavioral health presentations and work collaboratively with families and other healthcare professionals to ensure that all children and adolescents receive appropriate treatment **Child and Adolescent Behavioral Health** helps APRNs address the mental health needs of this vulnerable population providing practical guidance on assessment guidelines intervention and treatment strategies indications for consultation collaboration referral and more Now in its second edition this comprehensive and timely resource has been fully updated to include DSM 5 criteria and the latest guidance on assessing diagnosing and treating the most common behavioral health issues facing young people New and expanded chapters cover topics including eating disorders bullying and victimization LGBTQ identity issues and conducting research with high risk children and adolescents Edited and written by a team of accomplished child psychiatric and primary care practitioners this authoritative volume Provides state of the art knowledge about specific psychiatric and behavioral health issues in multiple care settings Reviews the clinical manifestation and etiology of behavioral disorders risk and management issues and implications for practice research and education Offers approaches for interviewing children and adolescents and strategies for integrating physical and psychiatric screening Discusses special topics such as legal and ethical issues cultural influences the needs of immigrant children and child and adolescent mental health policy Features a new companion website containing clinical case studies to apply concepts from the chapters Designed to specifically address the issues faced by APRNs **Child and Adolescent Behavioral Health** is essential reading for nurse practitioners and clinical nurse specialists particularly those working in family pediatric community health psychiatric and mental health settings Second Place in the Child Health Category 2021 American Journal of Nursing Book of the Year Awards **Neurobiology and Treatment of Traumatic Dissociation** Ulrich F. Lanius, PhD,Sandra Paulsen,Sandra L. Paulsen, PhD, Frank M. Corrigan,2014-05-13 Print CourseSmart **EMDR Therapy for Schizophrenia and Other Psychoses** Paul William Miller,

MD, DMH, MRCPsych, 2015-10-16 Dr Paul Miller takes EMDR theory research and practice a major step forward with his new book He explores the way both researchers and clinicians can successfully integrate EMDR theory and therapy into the current understanding and work with schizophrenia and other psychoses I believe this volume will be a milestone in the development of EMDR Udi Oren PhD President EMDR Europe Association The EMDR community has been waiting for Paul to publish this book He has a tremendous reputation nationally and internationally Uri Bergmann PhD Recent Past President EMDRIA Author Neurobiological Foundations for EMDR Practice This groundbreaking resource is the first to apply EMDR therapy to individuals with schizophrenia and other psychotic disorders Written by the recognized world leader in using EMDR therapy to treat psychoses the book delivers state of the art research on this topic It demonstrates how EMDR therapy can be safely used to help individuals with schizophrenia and other psychoses by formulating these disorders within a trauma and dissociation model The book describes ICoNN Indicating Cognitions of Negative Networks an easy to use modification to the standard EMDR therapy eight phase model and includes actual case studies to illustrate its use These case studies of patients that have been successfully treated with EMDR therapy serve as valuable templates for clinicians regarding obtaining patient histories examining mental states case formulation and treatment planning Scripted materials provide additional guidance to therapists working with this client group The book traces the evolution of the phenomenology of psychoses from Kraepelin s dementia praecox through to Kendler s substantial nosological contribution to the modern phenotype for schizophrenia Using Kendler s criteria it aids the clinician in identifying those clients most likely to benefit from EMDR therapy The book demonstrates how to formulate cases within a trauma model to facilitate the strong therapeutic rapport needed when treating patients with psychoses It describes the ICoNN model which provides a semistructured method of formulating and treating complex cases and underscores its value as a unifying model that facilitates research Chapters reinforce the theoretical foundations of EMDR therapy through learning objectives and summaries covering historical phenomenological and clinical facets of EMDR therapy with psychotic patients

**KEY FEATURES** Guides clinicians in the safe proven use of EMDR therapy to treat psychoses Authored by a recognized world leader in EMDR therapy for treatment of psychoses Describes ICoNN an easily understood adaptation to the standard 8 phase EMDR therapy model Summarizes the trauma and dissociation literature Provides case examples and scripted materials to guide the therapist

**Case Studies in Clinical Psychological Science** William O'Donohue, William T. O'Donohue, Scott O. Lilienfeld, 2013-03-14 Case Studies in Clinical Psychological Science demonstrates in detail how the clinical science model can be applied to actual cases This book s unique structure presents dialogues between leading clinical researchers regarding the treatment of a wide variety of psychological problems

*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

The Clinical Handbook of Biofeedback Inna Z. Khazan, 2013-03-12 A practical guide to the clinical use of biofeedback integrating powerful mindfulness techniques A definitive desk reference for the use of peripheral biofeedback techniques in psychotherapeutic settings backed by a wealth of clinical research Introduces mindfulness and acceptance techniques and shows how these methods can be incorporated into biofeedback practice Step by step instructions provide everything a clinician needs to integrate biofeedback and mindfulness including protocols exemplar logs for tracking symptoms and sample scripts for mindfulness exercises Includes scientifically robust treatment protocols for a range of common problems including headaches hypertension and chronic pain

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