

# EMDR Solutions



## *Pathways to Healing*



Edited by **ROBIN SHAPIRO**

# Emdr Solutions Pathways To Healing

**Linda Seligman, Lourie W. Reichenberg**

## **Emdr Solutions Pathways To Healing:**

**EMDR Solutions** Robin Shapiro, 2018-11-23 Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to 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 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

**Easy Ego State Interventions** Robin Shapiro,2016-01-21 Quick essential techniques to practice ego state therapy a popular therapeutic approach Most of us have different aspects parts or ego states of ourselves the silly and imaginative five year old part for example or the depressed anxious or angry adolescent which manifest as particular moods behaviors and reactions depending on the demands of our external and internal environments Ego state therapy refers to a powerful flexible therapy that helps clients integrate and reconcile these distinct aspects of themselves This book offers a grab bag of ego state interventions simple practical techniques for a range of client issues that any therapist can incorporate in his or her practice In her characteristic wise compassionate and user friendly writing style Robin Shapiro explains what ego states are how to access them in clients and how to use them for a variety of treatment issues After covering foundational interventions for accessing positive adult states creating internal caregivers and working with infant and child states in Part I Getting Started With Ego State Work Shapiro walks readers step by step through a variety of specific interventions for specific problems each ready for immediate application with clients Part II Problem Specific Interventions includes chapters devoted to working with trauma relationship challenges personality disorders suicidal ideation and more Ego state work blends easily and often seamlessly with most other modalities The powerful techniques and interventions in this book can be used alone or combined with other therapies They are suitable for garden variety clients with normal developmental issues like self care challenges depression grief anxiety and differentiation from families and peer groups Many of the interventions included in this book are also effective with clients across the dissociation spectrum dissociation is a condition particularly well suited to ego state work including clients who suffer trauma and complex trauma Rich with case examples this book is both a pragmatic introduction for clinicians who have never before utilized parts work and a trove of proven interventions for experienced hands to add to their therapeutic toolbox Welcome to a powerful flexible resource to help even the most difficult clients build a sense of themselves as adult loveable worthwhile and competent

**The Trauma Treatment Handbook** Robin Shapiro,2010-10-11 The therapist s go to source for treating a range of traumatized patients With so many trauma treatments to choose from how can a therapist know which is best for his or her client In a single accessible volume Robin Shapiro explains them all making sense of the treatment options available their advantages and disadvantages and how to determine which treatments are best suited to which clients

**Doing Psychotherapy** Robin Shapiro,2020-02-25 How to start do and complete psychotherapy that is trauma and attachment based as well as culturally informed Most books about doing psychotherapy are tied to particular

psychotherapeutic practices Here seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma and attachment informed approach that is not tied to any one model or method This book teaches assessment treatment plans enhancing the therapeutic relationship and ethics and boundary issues all within a general framework of attachment theory and trauma Practical chapters talk about working with attachment problems grief depression cultural differences affect tolerance anxiety addiction trauma skill building suicidal ideation psychosis and the beginning and end of therapy Filled with examples suggestions for dialogue and questions for a variety of therapeutic situation Shapiro s conversational tone makes the book very relatable Early career therapists will refer to it for years to come and veteran practitioners looking for a refresher or introduction to the latest in trauma and attachment work will find it especially useful *Theories of Counseling and Psychotherapy* Linda Seligman,Lourie W. Reichenberg,2010 *Theories of Counseling and Psychotherapy* categorises theories by their focus background emotions and sensations thoughts or actions This structure helps students better understand similarities and differences among theories and provides an overarching framework that other texts lack **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 *Doing Psychotherapy* Robin Shapiro,2020-02-25 How to start do and complete psychotherapy that is trauma and attachment based as well as culturally informed Most books about doing psychotherapy are tied to particular psychotherapeutic practices Here seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma and attachment informed approach that is not tied to any one model or method This book teaches assessment treatment plans enhancing the therapeutic relationship and ethics and boundary issues all within a general framework of attachment theory and trauma Practical chapters talk about working with attachment problems grief depression cultural differences affect tolerance anxiety addiction trauma skill building suicidal ideation psychosis and the beginning and end of therapy Filled with examples suggestions for dialogue and questions for a variety of therapeutic situation Shapiro s conversational tone makes the book very relatable Early career therapists will refer to it for years to come and veteran practitioners looking for a refresher or introduction to the latest in trauma and attachment work will find it especially useful **The British National Bibliography** Arthur James Wells,2005 *American Book Publishing Record* ,2003 **Aviation Space and Environmental Medicine** ,2002 *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *When There Are No Words* ,2017-01-24 This book intended for clinicians treating very early trauma and neglect in the attachment period integrates several treatment strategies in a comprehensive and resonant approach that is attuned to the client s unspoken early experience Although the book presumes EMDR training it

has considerable application for other clinicians who deal with the pernicious effects of early trauma and neglect in the attachment period. The book is based on the seminal contributions of Katie O Shea and integrates the author's understanding of complex trauma dissociative disorders and the neurobiology of traumatic dissociation including Panksepp, Porges, Schore and others. It draws upon the somatic therapy traditions of Peter Levine and others for accessing the somatically held unprocessed trauma responses. Although primarily for clinicians, the cartoons are also suitable for use with clients. Like the author's first book on dissociation, the lay public will be interested in the book because its cartoons make the information comprehensible. The early trauma approach in its basic form consists of 1. containment, 2. safe state, 3. resetting hardwired subcortical affective circuits, and 4. clearing trauma by time frame for temporal integration. For complex cases, each step has ego state variations and there are more preparatory steps to ensure the self system is aligned with treatment goals. It integrates ego state work to reduce loyalty to the aggressor and the problem of perpetrator introjects. The author was a collaborator of the late father of ego state therapy, John G. Watkins, Ph.D. Sandra Paulsen offers a third integration approach: temporal integration to supplement the tactical integration and strategic integration approaches of Catherine Fine, Ph.D. and Richard Kluft, M.D. respectively. The book has over a hundred original drawings by the author which telegraph complex psychological and neurobiological concepts quickly, making the book a quicker read than would otherwise be possible. The format, with its generous use of bullets, white space, and cartoons, means that a range of readers can scan the chapters for the information relevant to their own needs. Appendices provide detailed information on the mechanics of the work, how to ethically work in the intensive format, containment procedures for complex cases, working with perpetrator introjects. Although the book is informal with its use of cartoons, it includes relevant scholarly citations and references. Because it is both metaphoric and scholarly, it speaks to both the right and left hemispheres of the reader's brain. Many concepts will slip in unawares through the compelling use of metaphor. The book includes case examples to illustrate the suggested scripting for accomplishing each of the relevant steps. Narrative discussion describes the most likely problems for each step and what to do about them. Katie O Shea, M.S., is acknowledged as contributing author because of her development of the original approach and some of the ideas contained in the book. Ulrich Lanius, Ph.D., contributed to the neurobiological understandings in the book. Above all, the author's goal is to help others understand how the story tells itself non-verbally when trauma occurs in the attachment period and is held in implicit memory. When we hear of the story in the non-verbals, clinicians can catch and release the traumatic sequelae of very early trauma and neglect. The book includes worksheets for clinicians to use. It supplements the online workshops that Dr. Paulsen presents on this same topic and others; see [www.bainbridgepsychology.com](http://www.bainbridgepsychology.com). *Subject Guide to Books in Print*, 1991. **Polyvagal-Informed EMDR**. Rebecca Kase, 2023-05-23. Linking two cutting edge approaches to form a robust healing model: Polyvagal Theory and EMDR are two well-respected theoretical and practical models with immense implications for therapeutic practice. Polyvagal Informed

EMDR outlines a comprehensive approach for integrating Polyvagal Theory into EMDR Therapy Individually each model offers powerful pathways to healing Combined these models supercharge therapy and the recovery process The integration of Polyvagal Theory within the eight phases of EMDR Therapy offers the psychotherapist a robust dynamic neuro informed framework for case conceptualization treatment planning and client transformation The approach applies not only to work with trauma and PTSD but also in the treatment of addictions anxiety depression grief chronic pain and adjustment disorders EMDR therapists will find a method that maintains fidelity to the evidence based practice of EMDR and aligns with current neuroscience research Topics covered include the nervous system and toxic stress neuroception adaptive memory networks and autonomic resiliency neuro informed history taking and the importance of therapeutic presence Clinical interventions scripts and handouts are included for all eight phases of EMDR as well as case examples and opportunities for experiential practice This is the first book to treat these topics together assessing complex material and presenting it in an approachable engaging manner

**EMDR-Sandtray-based Therapy** Ana M. Gómez,2025-08-12 A powerful multimodal approach for trauma healing Sandtray therapy offers a powerful symbol image and metaphor based pathway to healing while EMDR therapy activates information processing to integrate and assimilate traumagenic memories Both are powerful approaches for working with clients suffering from complex trauma and when combined EMDR sandtray based therapy offers multiple roads into the traumatogenic memory networks that may not be accessible otherwise enhancing the delicate work of healing the legacy of complex trauma This book introduces a multimodal approach to trauma healing that integrates principles from various methodologies With a wealth of resources case examples hands on strategies and moment to moment decision making markers it is a practical and comprehensive guide for EMDR and sandtray clinicians experts and novices alike Various delivery formats for this therapy are explored including individual group family and dyadic modalities thus offering robust pathways for healing

*EMDR in Family Systems* Diana Mille,2017-12-06 EMDR in Family Systems provides clinicians with a clear account of the EMDR process and a comprehensive step by step approach to healing trauma through integrating EMDR with other therapeutic tools The book provides a unique protocol utilizing numerous evidence based diagnostic assessments in depth psychoeducation on attachment issues Internal Family Systems therapy and mindfulness and Metaframeworks a Family Systems modality as a model to enhance EMDR Filled with a wealth of information on the latest clinical studies on topics from the neurobiology of trauma to the effectiveness of mindfulness practices in EDMR this book will open up a host of productive new avenues for EMDR therapists to pursue with their clients

**Getting Past Your Past** Francine Shapiro,2013-03-26 An accessible user s guide to overcoming trauma from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide Whether we ve experienced small setbacks or major traumas we are all influenced by our memories and by experiences we may not remember or fully understand Getting Past Your Past offers practical techniques that demystify the human condition and empower readers looking to take

charge of their lives Shapiro the creator of EMDR Eye Movement Desensitization and Reprocessing explains how our personalities develop and why we become trapped into feeling believing and acting in ways that don't serve us Through detailed examples and exercises readers will learn to understand themselves and why the people in their lives act the way they do Most importantly readers will also learn techniques to improve their relationships break through emotional barriers overcome limitations and excel in ways taught to Olympic athletes successful executives and performers An easy conversational style humor and fascinating real life stories make it simple to understand the brain science why we get stuck in various ways and how to achieve real change Healing Addiction EMDR Therapy Jamie Marich, Stephen Dansiger, 2021-08-09 There are just so many things that I love about this book that I simply don't know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along

with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge

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participants those players chosen to play in the death game sara chidouin joe tazuna keiji shinogi

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