Fourth Edition

# An EMDR Therapy Primer

# FROM PRACTICUM TO PRACTICE

BARBARA J. HENSLEY



## **An Emdr Primer From Practicum To Practice**

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#### **An Emdr Primer From Practicum To Practice:**

An EMDR Primer Barbara J. Hensley, 2009-07-13 Hensley has written a book that is simple basic and can mentor therapists who are EMDR trained and yet intimidated It is the perfect complement to Dr Shapiro s text Jennifer Lendl PhD Co author EMDR Performance Enhancement for the Workplace EMDRIA Conference Committee From the Foreword The examples cases tables and diagrams aid and assist EMDR clinicians in understanding and developing further expertise in this marvelous method Irene B Giessl EdD Co owner of the Cincinnati Trauma Connection Cincinnati Ohio This primer is intended for use as a companion to Francine Shapiro s original text It serves as a comprehensive review of the Adaptive Information Processing AIP model and EMDR principles protocols and procedures both for those newly trained in EMDR and for experienced clinicians who want to review the principles With this primer clinicians can augment their understanding expand their knowledge and sharpen current EMDR skills Key features A straightforward overview of EMDR that reviews the Adaptive Information Processing model and the three pronged approach in accessible conversational language A summary of the basics of the eight phases of EMDR with examples of each phase so that core content can be easily grasped Strategies and techniques for dealing with challenging clients high levels of distressing emotions and blocked processing Case histories dialogues and transcripts of successful EMDR sessions with explanations of treatment rationale An EMDR Therapy **Primer** Barbara J. Hensley, 2020-11-24 Note to Readers Publisher does not guarantee guality or access to any included digital components if book is purchased through a third party seller Praise for the Second Edition This book is a must have for any newly trained EMDR therapist Dr Hensley drawing from her years of experience and many conversations with Dr Francine Shapiro clearly and succinctly addresses the kinds of clinical questions that typically arise for new clinicians and does so in a way that is incredibly supportive and encouraging The EMDR Therapy Primer is the perfect companion to Shapiro s seminal textbook Deborah Korn PhD This book presents EMDR as a comprehensive therapeutic approach and informs the clinician how to integrate EMDR into clinical practice EMDR concepts are clearly explained and illustrated with many case examples It is informative well written and an excellent resource that expands EMDR basic training for the clinician Roger Solomon PhD This book has been an invaluable resource as a one stop shop for EMDR therapists Thank you for the gift of the 3rd edition Deany Laliotis LICSW Barbara Hensley's book An EMDR Therapy Primer From Practicum to Practice is written as a primer and companion to Francine Shapiro s EMDR texts It is a step by step overview of the foundations of EMDR therapy presented in easily accessible conversational language and helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely confidently and effectively By providing concise coverage of the AIP model and EMDR principles protocols and procedures and by addressing the types of targets accessed during the EMDR process the book expertly summarizes the eight phases of EMDR with myriad examples so core content can be easily grasped The third edition is fully revised to include case examples on treating specific populations and issues

transgender issues military personnel children and disaster response The author has ensured that all relevant new information on components of memory precepts of EMDR therapy and adaptive information processing has been fully integrated into the text making this the most up to date book available on the foundations of EMDR therapy An eBook is included with the purchase of the print edition New to the Third Edition New chapter on working with special populations including the transgender population children military personnel and disaster response Expanded Shapiro metaphors and introduced new informational plateau embracing social connection and belonging Key Features Like having a tutor in your pocket Blends text clinical examples scripts and derailment possibilities to explore and explain the eight phases of EMDR Describes core content in clear easy to understand language Uses case histories dialogues and transcripts of successful EMDR sessions with explanations of treatment rationale Details strategies and techniques for dealing with challenging clients high levels of abreaction and blocked processing Delivers abundant diagrams tables and illustrations to illuminate concepts Helps clinicians to quide clients smoothly through the EMDR process An EMDR Therapy Primer, Second **Edition** Barbara J. Hensley, 2015-07-28 This is a step by step overview of the foundations of EMDR Therapy presented in easily accessible conversational language It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely confidently and effectively The second edition is fully revised to reflect the evolution of EMDR to an integrative psychotherapeutic approach and is intended for use as a companion to Francine Shapiro's seminal EMDR texts It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions An abundance of new information addresses EMD versus EMDR research on the Mechanism Model and Methodology of EMDR Therapy Bilateral Stimulation Ancillary Targets The Why and the How of many key EMDR Therapy components Protocols for Single and Recent Traumatic Events updated information about the Cognitive Interweave Future Templates and much much more An EMDR Therapy Primer, Second Edition Barbara J. Hensley, 2015-07-28 With this Second Edition of An EMDR Therapy Primer Dr Hensley has created a very clear step by step guide to assist the newly trained EMDR clinician Not only will it help transition training into practice but also help those trained earlier who are looking to update their skills I highly recommend this book for any EMDR clinician wanting to assure fidelity to the model and methods Rosalie Thomas RN PhD I believe that Dr Hensley has written a book that is simple basic and can mentor therapists who are EMDR trained and yet intimidated This book brings us back to the basics Jennifer Lendl PhD This is a step by step overview of the foundations of EMDR Therapy presented in easily accessible conversational language It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely confidently and effectively The second edition is fully revised to reflect the evolution of EMDR to an integrative psychotherapeutic approach and is intended for use as a companion to Francine Shapiro s seminal EMDR texts It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions An abundance of new information addresses EMD versus

EMDR research on the mechanism model and methodology of EMDR Therapy bilateral stimulation ancillary targets the why and the how of many key EMDR Therapy components protocol for single and recent traumatic events updated information about the cognitive interweave future templates and much much more The book provides concise coverage of the AIP model and EMDR principles protocols and procedures and addresses the types of targets accessed during the EMDR process The book summarizes the Eight Phases of EMDR Therapy and the Stepping Stones of Adaptive Resolution the components of the standard EMDR protocol The building blocks of EMDR Therapy past present and future are assessed with regard to appropriate targeting and successful outcomes as are abreactions blocked processing and cognitive interweaves Detailed case studies demonstrate strategies to assist the client in reaching adaptive resolution of trauma New to the Second Edition Completely revised and updated Reflects the evolution of EMDR to an integrative therapeutic approach Expands specialized EMDR techniques Includes new strategies to overcome obstacles Presents new transcripts and case studies Provides Derailment Possibilities to alert clinicians of potential obstacles to therapeutic success Extensive appendices include definitions for EMDR Therapy EMDR Therapy scripts and additional resources **EMDR Therapy for Schizophrenia and** Other Psychoses Paul Miller, 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 Treating Complex Traumatic Stress Disorders in Adults, Second Edition Julian D. materials to guide the therapist Ford, Christine A. Courtois, 2020-03-30 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book Treatment of Complex Trauma which presents their own therapeutic approach for adult clients in depth and their edited volume Treating Complex Traumatic Stress Disorders in Children and Adolescents EMDR Group Therapy Regina Morrow Robinson, Safa Kemal Kaptan, 2023-11-04 Delivers an EMDR model that can expand access to urgently needed mental health services while maintaining affordability This innovative handbook is the first to present EMDR Group Therapy as a pragmatic approach to trauma care that enables practitioners to scale up mental health services while ensuring cost and time efficiency It delivers step by step guidance supported by real life case examples for practicing this safe effective and culturally adaptable modality in a wide range of situations and conditions EMDR group protocols are applicable to inpatient and outpatient settings strangers experiencing similar or different events families and a wide range of ages The book explores how and why EMDR group protocols are

applicable to disaster response addictions schools medical challenges grief families refugees victims of sexual violence emergency responders and more The text describes the theoretical underpinnings and practical applications of EMDR Group Therapy comparing nine group protocols through the lens of the eight phases of EMDR therapy and early intervention principles It emphasizes the concept of task sharing allowing nonspecialist facilitators to deliver low intensity EMDR treatment options effectively To promote in depth understanding chapters provide Learning Objectives Learned Through Experience boxes Case Examples focusing on a variety of specific groups and problems Discussion Questions to reinforce knowledge and unique Pocket Guides refining protocols and derived techniques in a clear snapshot A full Glossary of terms is also provided at the end of the book Key Features The first book to disseminate the principles and applications of Group EMDR Therapy Delivers the knowledge of 36 contributing EMDR experts and researchers from 11 countries Follows the eight phases of standard EMDR protocol Offers a window into EMDR practice with a broad variety of specific groups and topics Detailed cultural competence checklist for practitioners to provide care with respect for diversity Includes multiple Case Examples Learning Objectives Learned Through Experience boxes figures and charts and much more Provides Pocket Guides for a clear easy to follow snapshot of group EMDR protocols A Clinician's Guide for Treating Active Military and <u>Veteran Populations with EMDR Therapy</u> E.C. Hurley, E.C. Hurley (Deceased), 2020-11-05 Authored by the foremost expert on providing EMDR therapy to the military veteran population Based on the profound expertise of the author an EMDR therapist consultant and trainer who brings 33 years of military experience to his therapeutic work this is a how to manual on the unique treatment needs of active duty and veteran populations and how to help them using EMDR therapy Following an examination of the defining characteristics and philosophy of military culture as they bear on effective therapeutic treatment the book comprehensively applies the EMDR model to the active military veteran population with a variety of presenting issues Considering the clinical challenges of treating a population with repeated exposure to life threatening experiences moral injury sexual assault and other potentially debilitating trauma the book addresses skill development specific to EMDR treatment in detail This go to manual covers all the steps and processes of EMDR treatment from introducing EMDR therapy to the client to developing a sense of safety in the treatment arena Allowing therapists trained in EMDR therapy to appropriately assess and address the clinical needs of the veteran by treating clients with both PTSD and traumatic brain injury along with moral injury military sexual trauma MST or suicidal ideation by recognizing and addressing avoidance and building motivation for treatment and treatment pitfalls Case examples address clinical stuck points and a variety of treatment options when addressing a broad range of symptoms The EMDR AIP model is incorporated into each case illustrating the veteran's treatment goal presenting symptoms targeted memories and clinical decision points in treatment The print version of the book is also available in ebook format Key Features Addresses step by step EMDR skill development specific to this population Incorporates the EMDR eight phase approach Delivers abundant case examples enhanced with

clinical treatment options Includes a paradigm for evaluating the military and veteran s initial clinical presentation Discusses treatment for clients with PTSD traumatic brain injury moral injury sexual trauma and suicidal ideation Considers the treatment needs of the military family Includes a variety of helpful patient handouts **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 Mind/Body Integration in Child and Adolescent Development J. Martin Maldonado-Duran, Andres Jimenez-Gomez, Kirti Saxena, 2023-03-14 The Handbook of Mind Body Integration in Child and Adolescent Development examines issues relating to the mind body connection in the development of children and adolescents addressing problems of adverse life experiences with clinical implications including somatization functional or unexplained medical disturbances in various organ systems psychosomatic conditions and the effects It discusses the interactions of emotions experiences thoughts in the mind and their manifestations in the body of children and youth The book describes the effects of bodily conditions on the emotional state and mental functioning of children such as cerebral palsy major medical conditions and other chronic health problems It also explores the effects of chronic stress as well as child neglect and abuse on bodily manifestations Key areas of coverage include Developmental issues in the embodiment of self and body image in children and adolescents Trauma and mind body consequences in children and adolescents Munchausen syndrome by proxy Unexplained medical conditions somatoform disorders and conversion disorders during childhood and adolescence including unexplained conditions in different organ systems e g gastrointestinal dermatological neurological Body mind conditions in youth with physical and intellectual disabilities and chronic or severe medical conditions including palliative care Complementary and alternative treatment approaches to mind body issues in children and adolescents supplementing the usual mental health interventions The Handbook of Mind Body Integration in Child and Adolescent Psychiatry is an essential resource for researchers professors and graduate students as well as clinicians therapists and related professionals in developmental psychology child and adolescent psychiatry family therapy social work pediatrics and public health

#### Reviewing An Emdr Primer From Practicum To Practice: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**An Emdr Primer From Practicum To Practice**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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#### **Table of Contents An Emdr Primer From Practicum To Practice**

- 1. Understanding the eBook An Emdr Primer From Practicum To Practice
  - The Rise of Digital Reading An Emdr Primer From Practicum To Practice
  - Advantages of eBooks Over Traditional Books
- 2. Identifying An Emdr Primer From Practicum To Practice
  - Exploring Different Genres
  - o Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an An Emdr Primer From Practicum To Practice
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from An Emdr Primer From Practicum To Practice
  - Personalized Recommendations
  - An Emdr Primer From Practicum To Practice User Reviews and Ratings
  - An Emdr Primer From Practicum To Practice and Bestseller Lists

- 5. Accessing An Emdr Primer From Practicum To Practice Free and Paid eBooks
  - An Emdr Primer From Practicum To Practice Public Domain eBooks
  - An Emdr Primer From Practicum To Practice eBook Subscription Services
  - An Emdr Primer From Practicum To Practice Budget-Friendly Options
- 6. Navigating An Emdr Primer From Practicum To Practice eBook Formats
  - o ePub, PDF, MOBI, and More
  - An Emdr Primer From Practicum To Practice Compatibility with Devices
  - An Emdr Primer From Practicum To Practice Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of An Emdr Primer From Practicum To Practice
  - Highlighting and Note-Taking An Emdr Primer From Practicum To Practice
  - Interactive Elements An Emdr Primer From Practicum To Practice
- 8. Staying Engaged with An Emdr Primer From Practicum To Practice
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers An Emdr Primer From Practicum To Practice
- 9. Balancing eBooks and Physical Books An Emdr Primer From Practicum To Practice
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection An Emdr Primer From Practicum To Practice
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine An Emdr Primer From Practicum To Practice
  - Setting Reading Goals An Emdr Primer From Practicum To Practice
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of An Emdr Primer From Practicum To Practice
  - Fact-Checking eBook Content of An Emdr Primer From Practicum To Practice
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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