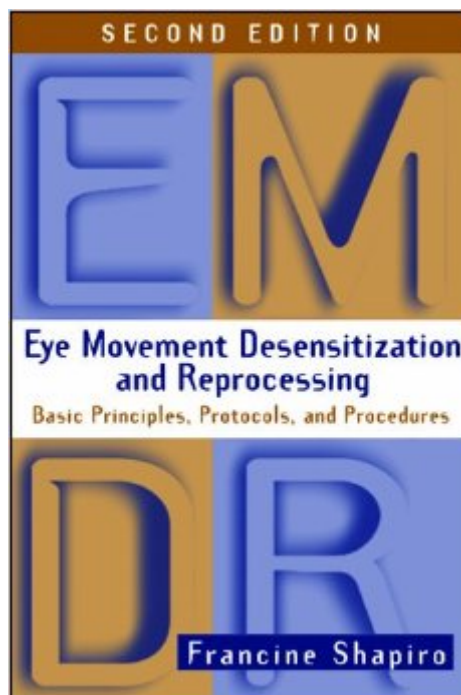


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# Eye Movement Desensitization And Reprocessing (EMDR), Second Edition: Basic Principles, Protocols, And Procedures



## Synopsis

This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 ([www.guilford.com/EMDR-appendices](http://www.guilford.com/EMDR-appendices)). These appendices comprehensively review current research on EMDR and its clinical applications. EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to This Edition: \*Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. \*Updated protocols and procedures for working with adults and children with a range of presenting problems.

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## Customer Reviews

EMDR may be an excellent form of overcoming trauma, and the research tends to suggest it does, although if you read the literature in a disinterested way, you will find there are many mixed reports on study results. Some find EMDR equal to or better than Cog/Beh Therapy intervention; some find it better; some find it not as effective. As someone who has conducted experimental research, I wish to point out several issues that should be addressed, even for true believers. First, EMDR is a perfect intervention for a technological age: after all, don't all our life's problems supposedly have a technological solution. Our culture says so, but of course, history tells us otherwise. Spiritual meaning, social integration, a personal credo, culture and religion still appear to be the ingredients that hold us together..or as Paul Tillich says, "Our ground of being." Technology may be helpful but it is ultimately ancillary. Of course, those who suffer from trauma may require immediate relief, and if EMDR can reduce suffering efficiently and quickly, that's fine. HOWEVER, that being said, one must look a bit further. First, one must consider the individual client him/herself. EMDR helps us return to a traumatic event, see it more objectively, and hopefully allows us to use our reasoning faculties which may not have been in play during such events owing to stress, shock, immaturity, ignorance, and so forth. However, we all have varied levels of experiencing or "reliving" memory. Some can visualize quite easily and can "see" the experience as vividly, even more vividly than the true life one. In keeping with Gardner's idea of "multiple intelligences," we should consider that different individuals have different "intelligences" in reconstructing or reliving events.

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