

Eye Movement Desensitization And Reprocessing Emdr Basic Principles Protocols Procedures Francine Shapiro

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Procedures Francine
Shapiro*

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HERRERA HALLIE

*Eye Movement Desensitization and
Reprocessing (EMDR) as a Treatment
Modality* Jason Aronson

How to Secure Eye Movement
Desensitization and Reprocessing EMDR?
What would be the goal or target for a Eye
Movement Desensitization and
Reprocessing EMDR's improvement team?
Is Eye Movement Desensitization and
Reprocessing EMDR dependent on the
successful delivery of a current project?
Does Eye Movement Desensitization and
Reprocessing EMDR analysis isolate the
fundamental causes of problems? What
sources do you use to gather information
for a Eye Movement Desensitization and
Reprocessing EMDR study? Defining,
designing, creating, and implementing a
process to solve a business challenge or
meet a business objective is the most
valuable role... In EVERY company,
organization and department. Unless you
are talking a one-time, single-use project
within a business, there should be a
process. Whether that process is managed
and implemented by humans, AI, or a
combination of the two, it needs to be
designed by someone with a complex
enough perspective to ask the right
questions. Someone capable of asking the
right questions and step back and say,
'What are we really trying to accomplish
here? And is there a different way to look
at it?' For more than twenty years, The Art
of Service's Self-Assessments empower
people who can do just that - whether
their title is marketer, entrepreneur,
manager, salesperson, consultant,
business process manager, executive

assistant, IT Manager, CxO etc... - they are
the people who rule the future. They are
people who watch the process as it
happens, and ask the right questions to
make the process work better. This book is
for managers, advisors, consultants,
specialists, professionals and anyone
interested in Eye Movement
Desensitization and Reprocessing EMDR
assessment. All the tools you need to an
in-depth Eye Movement Desensitization
and Reprocessing EMDR Self-Assessment.
Featuring 619 new and updated case-
based questions, organized into seven
core areas of process design, this Self-
Assessment will help you identify areas in
which Eye Movement Desensitization and
Reprocessing EMDR improvements can be
made. In using the questions you will be
better able to: - diagnose Eye Movement
Desensitization and Reprocessing EMDR
projects, initiatives, organizations,
businesses and processes using accepted
diagnostic standards and practices -
implement evidence-based best practice
strategies aligned with overall goals -
integrate recent advances in Eye
Movement Desensitization and
Reprocessing EMDR and process design
strategies into practice according to best
practice guidelines Using a Self-
Assessment tool known as the Eye
Movement Desensitization and
Reprocessing EMDR Scorecard, you will
develop a clear picture of which Eye
Movement Desensitization and
Reprocessing EMDR areas need attention.
Included with your purchase of the book is
the Eye Movement Desensitization and
Reprocessing EMDR Self-Assessment
downloadable resource, which contains all
questions and Self-Assessment areas of
this book in a ready to use Excel
dashboard, including the self-assessment,
graphic insights, and project planning

automation - all with examples to get you
started with the assessment right away.
Access instructions can be found in the
book. You are free to use the Self-
Assessment contents in your presentations
and materials for customers without
asking us - we are here to help.

[Eye Movement Desensitization and
Reprocessing Emdr Complete Self-
assessment Guide](#) W. W. Norton &
Company

Eye Movement Desensitization and
Reprocessing (EMDR) is a psychotherapy
treatment that was originally designed to
alleviate the distress associated with
traumatic memories (Shapiro, 1989a,
1989b). Shapiro's (2001) Adaptive
Information Processing model posits that
EMDR therapy facilitates the accessing
and processing of traumatic memories and
other adverse life experiences to bring
these to an adaptive resolution. After
successful treatment with EMDR therapy,
affective distress is relieved, negative
beliefs are reformulated, and physiological
arousal is reduced. During EMDR therapy
the client attends to emotionally
disturbing material in brief sequential
doses while simultaneously focusing on an
external stimulus. This book may give you:
Eye Movement Desensitization And
Reprocessing (EMDR): The Benefits Of
Emdr Therapy For Trauma Benefits
Disadvantages Of EMDR Therapy: Top
Benefits Of The Emdr Therapy Process
EMDR Therapy: For Anxiety, Benefits, Side
Effects

*Eye Movement Desensitization and
Reprocessing (EMDR), Second Edition*
Alberto Sanna

This handbook presents the current
evidence-based psychological treatments
for trauma related disorders in childhood
and adolescence and in addition provides
clearly structured, up-to-date information

on the basic principles of traumatic stress research and practice in that age group, covering epidemiology, developmental issues, pathogenetic models, diagnostics, and assessment. Each of the chapters on treatment, which form the core of the book, begins with a summary of the theoretical underpinnings of the approach, followed by a case presentation illustrating the treatment protocol session by session, an analysis of special challenges typically encountered in implementing this treatment, and an overview of the current evidence base for the treatment approach. A special section considers modern treatments in particular settings, such as schools, hospitals, and juvenile justice systems, and the concluding chapters provide an integrative discussion on how to treat traumatized children and adolescents and an outlook. The book will be invaluable for clinical child and adolescent psychologists, child and adolescent psychiatrists, psychotherapists, and other mental health professionals working with traumatized children and adolescents.

Treating Trauma in Somatic and Medical Related Conditions Springer Publishing

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an evidence-based psychotherapy which has been recognized by the World Health Organization (WHO) as a first-choice treatment for Posttraumatic Stress Disorder (PTSD). Beyond PTSD, there has been increasing research into its mechanism of action and in the efficacy of EMDR in other psychiatric and somatic disorders with comorbid psychological trauma. The motivation of this research topic was to offer new and innovative research on EMDR across the globe to an increasing number of clinicians and researchers with an interest in this trauma-focused intervention.

Emotional Healing at Warp Speed
Harmony

Eye Movement Desensitization and Reprocessing therapy (EMDR) is a unique, empirically validated approach that is recommended by the World Health Organization as a "first line treatment for post traumatic stress disorder in adults." EMDR therapy emphasizes working with imagery, cognitions, emotions, somatic sensations, and behavior linked to a disturbing memory, as well as attending to past, current, and future-oriented experiential contributors. Unlike many psychotherapeutic treatments, EMDR does not require prolonged exposure, the direct challenging of beliefs, or numerous sessions to achieve results. In this book,

Dr. Shapiro, the originator of this approach, and Dr. Russell, her longtime colleague and collaborator, describe their work and the significant controversy that attended its rise due to EMDR's challenging of traditional cognitive behavioral approaches to psychotherapy and mechanisms of change. The authors describe the theory of EMDR, provide the complete EMDR therapeutic protocol, the evidence base that supports it, and examine practical issues and common challenges related to implementing EMDR in clinical practice.

Eye Movement Desensitization and Reprocessing Emdr Complete Self-Assessment Guide Springer Publishing Company

In easy-to-understand terms, Barb Maiberger 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. *Special Populations Basic Books*
What are the revised rough estimates of the financial savings/opportunity for Eye Movement Desensitization and Reprocessing EMDR improvements? Will team members regularly document their Eye Movement Desensitization and Reprocessing EMDR work? Is the impact that Eye Movement Desensitization and Reprocessing EMDR has shown? Do Eye Movement Desensitization and Reprocessing EMDR rules make a reasonable demand on a user's capabilities? How do we lead with Eye Movement Desensitization and Reprocessing EMDR in mind? Defining, designing, creating, and implementing a process to solve a business challenge or meet a business objective is the most valuable role... In EVERY company, organization and department. Unless you are talking a one-time, single-use project within a business, there should be a process. Whether that process is managed and implemented by humans, AI, or a combination of the two, it needs to be designed by someone with a complex enough perspective to ask the right questions. Someone capable of asking the right questions and step back and say, 'What are we really trying to accomplish here? And is there a different way to look at it?' This Self-Assessment empowers people to do just that - whether their title is entrepreneur, manager, consultant, (Vice-)President, CxO etc... - they are the people who rule the future. They are the person who asks the right questions to make Eye Movement Desensitization and

Reprocessing EMDR investments work better. This Eye Movement Desensitization and Reprocessing EMDR All-Inclusive Self-Assessment enables you to be that person. All the tools you need to an in-depth Eye Movement Desensitization and Reprocessing EMDR Self-Assessment. Featuring 724 new and updated case-based questions, organized into seven core areas of process design, this Self-Assessment will help you identify areas in which Eye Movement Desensitization and Reprocessing EMDR improvements can be made. In using the questions you will be better able to: - diagnose Eye Movement Desensitization and Reprocessing EMDR projects, initiatives, organizations, businesses and processes using accepted diagnostic standards and practices - implement evidence-based best practice strategies aligned with overall goals - integrate recent advances in Eye Movement Desensitization and Reprocessing EMDR and process design strategies into practice according to best practice guidelines Using a Self-Assessment tool known as the Eye Movement Desensitization and Reprocessing EMDR Scorecard, you will develop a clear picture of which Eye Movement Desensitization and Reprocessing EMDR areas need attention. Your purchase includes access details to the Eye Movement Desensitization and Reprocessing EMDR self-assessment dashboard download which gives you your dynamically prioritized projects-ready tool and shows your organization exactly what to do next. Your exclusive instant access details can be found in your book.

A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants

Springer Publishing Company
Interest in eye movement desensitization response (EMDR) is growing rapidly. It isn't a substitute for therapy; it's a useful tool for the psychotherapist. Since incompletely processed, upsetting experiences are primary sources of children's emotional problems, EMDR is valuable for those who work with children. This book is for therapists who know how to do therapy and want to understand how EMDR can fit in with what they already do.
A Jason Aronson Book
Treating Trauma- and Stressor-Related Conditions W. W. Norton & Company
"Eye Movement Desensitization and Reprocessing (EMDR) therapy has burst upon the psychotherapeutic scene as a time-limited, cost-contained, and efficacious treatment for anxiety, stress, and psychological trauma. Although this therapy has been pronounced as revolutionary by its inventor, Francine

Shapiro, it has distinct historical precedents. The explanatory models of pathogenic memory and dissociation theory, and the reliance on mechanical inference for objectivity make EMDR therapy familiar and salient. Notions of suggestion and hypnosis, and the eye-movement component of therapy are presented as discontinuous with clinical and theoretical practice, in order to free them from the tainting associations of pseudo-science and quackery. By connecting the current EMDR movement with the conceptual and practical history of traumatic memory, dissociation, and suggestion, I argue that EMDR is not revolutionary. It is a powerful technology of the self, normalizing and valourizing certain ways of behaving and thinking. Shapiro's implicit assumptions that psychological suffering is pathological, and that early traumatic events are indelibly encoded, stored and dissociated in the brain are problematized. A brief commentary on the moral, political, and psychotherapeutic implications of EMDR therapy is provided." --

The Benefits Of Emdr Therapy For Trauma: Benefits Of Emdr Training Frontiers Media SA

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 [EMDR Therapy Workbook](#) Springer Publishing Company

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 **Basics and Special Situations** 5starcooks

Have you heard of EMDR therapy? Although this therapy comes from the United States, more and more psychologists use it in many countries, since most psychologists are aware that when trauma exists, there is a disconnection between the past and the present, between emotions and cognition. This rupture makes conventional therapeutic approaches difficult, making talking or bringing up old emotions not only not effective, but sometimes it can even make the patient more sensitive. Explaining trauma is not enough. So a Californian psychologist began working on a revolutionary technique called Eye Movement Desensitization and Reprocessing (EMDR). It all started in 1987, while Francine Shapiro, a Senior Researcher at the Mental Research Institute in Palo Alto, California, was taking a walk in the park. Then she realized that the thoughts that disturbed her had disappeared, and, later, when they returned, they no longer bothered her as before. Paying more attention, he realized that when a disturbing thought came to his mind, his eyes began to move quickly. Then she began to experiment, thinking about past experiences that still bothered her while moving her eyes. He then began applying the EMDR technique to his patients, to help them process traumatic memories. Its results were excellent since EMDR allows you to work with the trauma by reprocessing it to leave behind painful emotions

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Sannainvest Limited

The Handbook of Posttraumatic Stress provides a comprehensive review of posttraumatic stress in its multiple dimensions, analyzing causation and epidemiology through prevention and treatment. Written by a diverse group of scholars, practitioners, and advocates, the chapters in this book seek to understand the history, the politics, and the biological, psychological, and social processes underlying posttraumatic stress disorder (PTSD). Featuring studies that focus on some of the most seriously affected occupational groups, the text examines topics such as how individuals experience PTSD in different work settings and the complexities of diagnosis, treatment, and recovery for those workers and their families. Together, the contributions provide an in-depth examination of the current understood causes, impacts, and treatments of and for posttraumatic stress, mobilizing academic, administrative, and clinical knowledge, and lived experience to inform ongoing

and future work in the field. Drawing from range of different topics, fields of study, and research methods, this text will appeal to readers across medical, mental health, and academic disciplines.

Treating Medical Related Issues Eye Movement Desensitization and Reprocessing (Emdr) Therapy Eye Movement Desensitization and Reprocessing therapy (EMDR) is a unique, empirically validated approach that is recommended by the World Health Organization as a "first line treatment for post traumatic stress disorder in adults." EMDR therapy emphasizes working with imagery, cognitions, emotions, somatic sensations, and behavior linked to a disturbing memory, as well as attending to past, current, and future-oriented experiential contributors. Unlike many psychotherapeutic treatments, EMDR does not require prolonged exposure, the direct challenging of beliefs, or numerous sessions to achieve results. In this book, Dr. Shapiro, the originator of this approach, and Dr. Russell, her longtime colleague and collaborator, describe their work and the significant controversy that attended its rise due to EMDR's challenging of traditional cognitive behavioral approaches to psychotherapy and mechanisms of change. The authors describe the theory of EMDR, provide the complete EMDR therapeutic protocol, the evidence base that supports it, and examine practical issues and common challenges related to implementing EMDR in clinical practice. *Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition Basic Principles, Protocols, and Procedures* "Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included"-- Amazon.com.

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols John Wiley & Sons

This one-stop resource is the first to focus 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 cancer, eating disorders, headaches, chronic pain, somatic disorders, Multiple Sclerosis, Fibromyalgia, medical related trauma, self-care and others. It includes summary sheets for each protocol to facilitate gathering information, client documentation, and quick retrieval of salient information while formulating a treatment plan. Protocols for clinician self-care add further to the book's value. **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 AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual-style template Includes scripts for EMDR treatment of clients with cancer, eating disorders, headaches, somatic disorders, MS, sexual disorders, and more [Eye Movement Desensitization and Reprocessing \(EMDR\) Therapy Scripted Protocols and Summary Sheets: Treating Trauma- and Stressor-Related Conditions](#) Springer Publishing Company Would you like to heal from anxiety, anger, depression, stress, panic attacks, addictions, emotional trauma? Here is the ultimate self-guide on the Eye Movement Desensitization and Resolution (EMDR) method. In just a few steps, with this book/workbook you can easily access a tested method to finally say goodbye: to that trauma, that grips your mind since you were a child; to depression, that does not make you leave home for months; to your anxiety, that does not make you enjoy time with your family; to the anger you can't handle; to the stress, with which you live your every single day. All of us, sooner or later, fight with ourselves for something wrong as we would like it to go. But thanks to innovative EMDR therapy, you can also decide to self-help you

manage your problems by yourself and solve them in a very short time. In this book you will discover: What EMDR is; What EMDR can be used for; How you can use EMDR by yourself; How should be your own therapy room; How to manage the therapy; How to write a mental health treatment plan for your own therapy; How to write a treatment plan checklist for your own therapy; 5 essential tips for smart treatment plans; many other things... Remember: all of us, sooner or later, fight with ourselves for something wrong as we would like it to go. EMDR therapy is the solution to your problems. Simple steps to do in your own home, explained in the simplest way, also accessible to those unfamiliar with the world of psychotherapy. Take your copy now, and start taking your life back. Buy the paperback of this book and get the kindle version for free.

[Impacting Communication Apprehension](#) Springer Publishing Company

" 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 outlines some of the basic elements of the 11-Step Standard Procedure of EMDR and the Standard Three-Pronged EMDR Protocol. Unlike other EMDR books, however, this book focuses on applying EMDR scripted protocols to special populations. Special populations discussed include children, adolescents, couples, and clients suffering from complex posttraumatic stress disorder, dissociative disorders, anxiety, addictive behaviors, and severe pain. This is a volume rich in wisdom and insight that every EMDR clinician working with special populations will need in his or her collection. Key topics include: EMDR preparation, assessment, and desensitization phases for children Integrating EMDR into couples therapy EMDR protocol for treating sexual dysfunction EMDR-informed treatment approaches for dissociative disorders Clearing the pain of unrequited love with EMDR An EMDR approach to treating substance abuse and addiction EMDR for

pain patients Self-care for EMDR practitioners "

Treating Anxiety, Obsessive-Compulsive, and Mood-Related Conditions Springer Publishing Company

Eye Movement Desensitization and Reprocessing (Emdr) Therapy

The Power of EMDR Springer Publishing Company

Explores how the explosion of neuroscience-based evidence in recent years has led to a fundamental change in how forensic psychology can inform working with criminal populations. This book communicates knowledge and research findings in the neurobiological field to those who work with offenders and those who design policy for offender rehabilitation and criminal justice systems, so that practice and policy can be neurobiologically informed, and research can be enhanced. Starting with an introduction to the subject of neuroscience and forensic settings, *The Wiley Blackwell Handbook of Forensic Neuroscience* then offers in-depth and enlightening coverage of the neurobiology of sex and sexual attraction, aggressive behavior, and emotion regulation; the neurobiological bases to risk factors for offending such as genetics, developmental, alcohol and drugs, and mental disorders; and the neurobiology of offending, including psychopathy, antisocial personality disorders, and violent and sexual offending. The book also covers

rehabilitation techniques such as brain scanning, brain-based therapy for adolescents, and compassion-focused therapy. The book itself: Covers a wide array of neuroscience research Chapters by renowned neuroscientists and criminal justice experts Topics covered include the neurobiology of aggressive behavior, the neuroscience of deception, genetic contributions to psychopathy, and neuroimaging-guided treatment Offers conclusions for practitioners and future directions for the field. *The Handbook of Forensic Neuroscience* is a welcome book for all researchers, practitioners, and postgraduate students involved with forensic psychology, neuroscience, law, and criminology.

Innovative Strategies and Protocols Guilford Press

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 such as eating and body image dysregulation, relationship distortion, chronic pain, and maladaptive self-care behaviors. 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 eating and body image dysregulation, chronic pain experiences such as migraine and fibromyalgia, and maladaptive self-care behaviors. It includes summary sheets for each protocol to facilitate gathering information, client documentation, and quick retrieval of salient information while formulating a treatment plan. Protocols for clinician self-care add further to the book's value. 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 eating disorders and body image dysregulation, headaches, fibromyalgia, relationship distortion, maladaptive self-care behaviors, and more