

EXPANDED SECOND EDITION

# EMDR CASEBOOK

EDITED BY  
PHILIP MANFIELD

# Emdr Casebook

**Bruce Ecker, Robin Ticic, Laurel Hulley**



## **Emdr Casebook:**

**EMDR Casebook** Philip Manfield, 2003 The broad range of EMDR is explored via case examples addressing complex emotional problems such as postpartum depression survivor guilt and the effects of child abuse A new chapter on PTSD written in the wake of September 11 is featured in this paperback edition of Manfield's acclaimed work The latest in trauma treatment Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets Marilyn Luber, 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 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 **EMDR Solutions II: For Depression, Eating Disorders, Performance, and More** Robin Shapiro, 2009-03-30 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

**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

*The Trauma Treatment Handbook: Protocols Across the Spectrum* 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     Extending EMDR Philip Manfield,1998 Picking up where EMDR training leaves off this book shows how EMDR can be used by therapists with different orientations such as psychodynamic Jungian and cognitive The book details how patients are helped immensely by the incorporation of EMDR into treatments for such illnesses as major depression attachment disorder post traumatic stress disorder and various personality disorders     *Trauma Competency* Linda A. Curran,2009-12 Unique in its approach author Linda Curran not only defines and explains the current trauma paradigm relevant theories and current neuroscience but step by step demonstrates its in session clinical utility and applicability     **An EMDR Therapy Primer** Barbara J. Hensley,2024-11-07 This essential user friendly guide offers clear explanations practical applications and real life case examples to navigate and apply the eight phases of EMDR therapy Barbara Hensley s *An EMDR Therapy Primer From Practicum to Practice* provides aspiring and experienced clinicians with a step by step overview of the foundations of EMDR therapy It helps maximize preparation and skills in using EMDR safely confidently and effectively by offering a clear presentation of the Adaptive Information Processing AIP model EMDR principles protocols and procedures The fourth edition is fully revised to offer a blend of text clinical examples and derailment possibilities making it easy to understand and apply the eight phases of EMDR therapy This book provides practical guidance for clinicians as they navigate the therapy process with clients Chapters include real life case studies dialogues and transcripts offering valuable insights into the treatment rationale and helping clinicians anticipate and manage various situations during sessions Purchase includes online access via most mobile devices or computers New to the Fourth Edition New and updated tables including material on the evolution of EMDR therapy New questions at the end of each chapter reinforce important concepts Additional information on using EMDR therapy with children including hints tips and scripts Phrases from Dr Francine Shapiro drive home critical points in the text Key Features Explores a clear and concise review of EMDR covering the AIP model and the three pronged approach in easy to understand conversational language Explains the eight phases of EMDR with detailed examples to aid in comprehension and application Utilizes practical strategies and techniques for managing complex clients intense emotional responses and processing obstacles Examines real life case histories dialogues and session transcripts along with explanations of the treatment rationale Applies practical hints tips and precautions for using EMDR therapy including guidance for teletherapy sessions Illustrates examples throughout the book to provide practical insights and enhance understanding     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 materials to guide the therapist

*Handbook of Complementary and Alternative Therapies in Mental Health* Scott Shannon, 2002-01-22 Scott Shannon is an MD president elect of the American Holistic Medical Association and considered a national expert on holistic psychiatry In this book he brings together a comprehensive overview of CAM treatments with information on their effectiveness and safety for specific patient populations and for use in treating specific disorders Modalities covered include Acupuncture Nutritional Medicine Herbal Medicine Meditation Biofeedback Aromatherapy and others Coverage also includes chapters on the best CAM modalities for treatment of Anxiety and PTSD Depression ADD and Addictions Each chapter will be in a similar template beginning with a description of the treatment its safety compatibility with conventional treatments and or contraindications scientific documentation of its efficacy discussion of which disorders it is best used for and references Most comprehensive overview of rapidly expanding field Includes chapters by 24 leading psychiatric psychological experts in these fields Documents and rates the research base in each area Offers practical clinical approaches for four common mental health concerns depression

anxiety ADHD and addictions Areas not yet covered in professional training Practices commonly employed by the public 40  
50% of the American public use complementary or alternative approaches No previous book of this nature or scope

Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Dr Wheeler has skillfully crafted a text that covers basic psychiatric principles and skills from developing a therapeutic relationship and assessing and diagnosing the client to providing evidence based psychotherapy for a variety of patient populations This text is an excellent primer for teaching therapy skills and although targeting graduate psychiatric nursing students would prove equally valuable for students of any mental health discipline It is also a resource for experienced clinicians wanting to expand their understanding of trauma and how adaptive information processing might be used as an organizing framework for all psychotherapy Linda Mabey Journal of EMDR Practice and Research DESCRIPTION This is a how to compendium of evidence based approaches to practicing psychotherapy for both the experienced and neophyte advanced practice psychiatric nurse This book integrates neuroscience with relationship science and unites disparate psychotherapeutic approaches into a model that is concise and straightforward yet sufficiently comprehensive to provide a framework for practice The most useful therapeutic models are highlighted with principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority This second edition expands the award winning first edition providing guidelines forms and case studies to assist APPNs in deciding which treatment to use based on psychotherapy outcome studies and practice guidelines New Chapters in the Second Edition Motivational Interviewing Dialectical Behavior Therapy Group Therapy Family Therapy Eye Movement Desensitization and Reprocessing EMDR Therapeutic Approaches for Addictions New CPT Codes Reimbursement Awards and Reviews for the First Edition APNA Media Award AJN Book of the Year Award 5 Star Amazon Reviews 4 Star Doody Review Lays out a holistic paradigm for advanced psychiatric nursing APN practice by drawing upon a neuroscience of information processing human development attachment theory and trauma and explains the essentials of psychotherapy by melding principles underlying the therapeutic alliance adaptive information processing AIP change and a hierarchically arranged treatment format that fosters healing through the resolution of dysfunctional memory this important text holds true to the historical basis for psychiatric nursing being organized around phases and principles of the nurse patient relationship Margaret England PhD RN CNS Perspectives in Psychiatric Care Wheeler offers the field a scholarly training manual grounded in Shapiro s 2001 adaptive information processing paradigm where the brain is viewed as an information processing system with innate self healing mechanisms that regulate its internal environment to survive and to maintain a stable constant condition through dynamic regulation Robert M Greenfield PhD Journal of Trauma Dissociation

*Becoming and Being a Play Therapist* Peter Ayling, Harriet Armstrong, Lisa Gordon Clark, 2019-02-08 *Becoming and Being a Play Therapist* Play Therapy in Practice presents a rich and illuminating account of current play therapy practice with an emphasis on becoming and being a play therapist and on some of the varied clinical contexts in which play therapists work

Written by members of British Association of Play Therapists this book highlights the current complexity of play therapy practice in the UK and reflects the expertise of the collected authors in working with emotional behavioural and mental health challenges in children and young people Divided into three parts the book is designed to build on and consolidate the principles and professional personal competences of play therapy practice Key topics include Training and establishing oneself as a play therapist in the UK a comprehensive guide The improvisational practitioner therapist responses to resistance and aggressive play Systemic considerations in play therapy with birth families and adopters advantages and challenges Case study based explorations of play therapy across a range of service user groups including childhood trauma bereavement and sexual abuse and agency contexts including school and CAMHS settings Becoming and Being a Play Therapist will be relevant both for play therapy trainees and for qualified play therapists as well as for related professionals

Gay Men and Childhood Sexual Trauma James Cassese, 2016-01-20 Learn powerful techniques for healing the scars of early sexual abuse in gay men The first book of its kind Gay Men and Childhood Sexual Trauma Integrating the Shattered Self addresses the specific therapeutic needs of gay men in recovery All too often gay men hide their childhood memories of being sexually victimized because of fear shame and the stigma of stereotypes which equate homosexuality with child abuse Some gay men may view these histories as rites of passage and dismiss other perspectives as betrayals of their community or inadvertent support for the anti gay agenda of the religious right Certain therapists and so called support groups ridicule them as hysterics with false memories Groups like the North American Man Boy Love Association or the Rene Guyon Society dismiss the source of their anguish as wishful thinking or a healthy consensual intergenerational romance Finally here is a book that addresses the unique emotional and psychological needs of gay male survivors of sexual abuse Gay Men and Childhood Sexual Trauma offers new hope by separating the crime of pedophilia from the consensual intimacy of an adult male same sex relationship It provides specific guidance for therapists working with gay men either in individual or group therapy settings and offers practical treatment suggestions as well as moving insights into the painful conflicts gay men may have in accepting their own sexuality and revealing their status as child survivor of an adult sexual predator Gay Men and Childhood Sexual Trauma discusses practical ways to help the survivor heal including adopting eye movement desensitization and reprocessing techniques to treat traumatized gay men helping gay men to break the old arousal patterns associated with their abusers handling survivors formidable issues of trust addictions depression and low self esteem leading survivor groups of mixed sexual orientation discerning the special meaning of HIV to traumatized gay men respecting cross cultural differences in treating the gay male sexual trauma survivor finding new directions for research This powerful volume offers sufficient technical detail to be useful for the therapist working with gay men yet it is written with enough clarity and compassion to be used as bibliotherapy for men just coming out as gay as survivor or as both Gay Men and Childhood Sexual Trauma is an essential resource for mental health professionals as well as for gay men who have themselves survived sexual



abuse or who love someone who did      **Comprehensive Handbook of Psychotherapy, Cognitive-Behavioral Approaches** Florence W. Kaslow, Terence Patterson, 2004-01-30 Now available in paperback The Cognitive Behavioral Functional model is a landmark that combines established and cutting edge authors and issues as well as integrating material for both novice and experienced theorists researchers and practitioners In this volume international authors many of whom are pioneers in their approach illustrate issues clearly and apply them to diverse populations Chapters in supervision and ethical issues provide unique and valuable perspectives      [Case Book of Brief Psychotherapy with College Students](#) Leighton Whitaker, Stewart Cooper, James Archer Jr, 2014-02-25 Short term therapy doesn't have to be second best This valuable book explores a variety of brief therapy approaches with young adults between 17 and 25 Each case discussion thoroughly covers the salient points of the client the problem and the treatment as well as segments of the treatment transcripts that illustrate the critical aspects of the counseling A post hoc question and answer section explores alternative ways the therapist could have handled the client and allows in depth examination of successful treatment approaches Case Book of Brief Psychotherapy with College Students offers constructive suggestions for dealing with common presenting problems including depression individuation issues PTSD impulse control in mandated psychotherapy cult membership post rape trauma bereavement issues With comprehensive references and a fascinating variety of presenting problems Case Book of Brief Psychotherapy with College Students is a helpful resource for any psychologist social worker or therapist whose clients include young adults      **Unlocking the Emotional Brain** Bruce Ecker, Robin Ticic, Laurel Hulley, 2024-04-22 This highly influential volume now in a much expanded second edition delivers major advances for psychotherapy all empirically grounded in memory reconsolidation neuroscience A great increase of therapeutic effectiveness can be gained thanks to a clear map of the brain's innate core process of transformational change a process that does not require use of any particular system or techniques and is therefore remarkably versatile Twenty six case examples show the decisive ending of a vast range of major symptoms including depression anxiety panic shame self devaluing anger perfectionism alcohol abuse sexual aversion compulsive eating and obesity paralyzed self expression and teen ADHD all transformed through deeply resolving underlying disturbances such as complex trauma lifelong oppression by systemic racism and homophobia childhood sexual molestation parental narcissistic domination violent assault trauma natural disaster trauma and childhood traumatic aloneness and neglect This is a transdiagnostic transtheoretical lucid understanding of therapeutic action based for the first time in the history of the psychotherapy field on rigorous empirical knowledge of an internal mechanism of change and it achieves a fundamental unification of the confusingly fragmented psychotherapy field diverse systems no longer seem to belong to different worlds because they now form a wonderful repertoire of options for facilitating the same core process of transformational change as shown in case examples from AEDP Coherence Therapy EFT EMDR IFS IPNB ISTDP psychedelic assisted therapy and SE It's now clear why therapy systems that differ strikingly in technique and theory can produce the

same quality of liberating change Practitioners who value deep connection with their clients are richly rewarded by the experiential depth that this core process accesses where no awareness had previously reached whether sessions are done in person or via online video It is an embarrassment of riches because in addition we gain the decisive resolution of several longstanding polarizing debates regarding the nature of symptom production the prevalence of attachment issues the operation of traumatic memory the functions of the client therapist relationship the role of emotional arousal in the process of change and the relative importance of specific versus non specific factors      **Innovative Interventions in**

**Psychotherapy** Seymour Hoffman, Brurit Laub, 2006-05 The present volume unquestionably constitutes a significant contribution to clinical literature The case reports with their descriptions of many types of therapeutic interventions and combinations of interventions in dealing with a wide variety of difficulties presented by different patients and patient groups as well as the discussions of important topics in psychotherapy add to our knowledge of the many facets of psychotherapy enrich our understanding of the treatment process and deepen our appreciation of the importance of therapeutic sensitivity and flexibility      Developing a Secure Self April Steele, 2007-08      Treatment of Traumatized Adults and Children Allen Rubin, David W. Springer, 2009-07-23 Praise for Treatment of Traumatized Adults and Children A major stumbling block to adoption of evidence based practice in the real world of clinical practice has been the absence of clinician friendly guides Such guides need to be understandable free of technical research jargon infused with clinical expertise and rich with real life examples Rubin and Springer have hit a home run with this series which has all of these characteristics and more Edward J Mullen Willma Albert Musher Chair and Professor Columbia University Rubin and Springer have assembled the wisdom of leading practitioners of evidence based practice interventions enhancing the likelihood that these practices will be adopted by helping professionals Written in the language of practitioners this book represents an exemplar for dissemination of evidence based practice information Joanne Yaffe Associate Professor University of Utah College of Social Work Evidence based interventions for treating traumatized adults and children Part of the Clinician's Guide to Evidence Based Practice Series Treatment of Traumatized Adults and Children provides busy mental health practitioners with detailed step by step guidance for implementing clinical interventions that are supported by the latest scientific evidence Edited by renowned educators Allen Rubin and David W Springer this thoroughly useful reference draws on a roster of experts and researchers in the field who have assembled state of the art knowledge into this well rounded guide and covers the following interventions that have the best empirical support for treating posttraumatic stress disorder Prolonged exposure therapy Trauma focused cognitive behavior therapy Eye Movement Desensitization and Reprocessing EMDR Easy to use and accessible in tone this indispensable resource is for practitioners who would like to implement evidence based compassionate and effective interventions in their care of traumatized clients Also in the Clinician's Guide to Evidence Based Practice Series Substance Abuse Treatment for Youth and Adults      Treating Trauma-Related Dissociation Kathy Steele, Suzette Boon, Onno van der

Hart, 2016-11-29 Winner of the 2017 International Society for the Study of Trauma and Dissociation ISSTD Pierre Janet Writing Award Establishing safety and working with dissociative parts in complex trauma therapy Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients This book arose not only out of countless hours of treating patients with dissociative disorders but also out of the crucible of supervision and consultation where therapists bring their most urgent questions needs and vulnerabilities The book offers an overview of the neuropsychology of dissociation as a disorder of non realization as well as chapters on assessment prognosis case formulation treatment planning and treatment phases and goals based on best practices The authors describe what to focus on first in a complex therapy and how to do it how to help patients establish both internal and external safety without rescuing how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation how to set and maintain helpful boundaries specific ways to stay focused on process instead of content how to deal compassionately and effectively with disorganized attachment and dependency on the therapist how to help patients integrate traumatic memories what to do when the patient is enraged chronically ashamed avoidant or unable to trust the therapist and how to compassionately understand and work with resistances as a co creation of both patient and therapist Relational ways of being with the patient are the backbone of treatment and are themselves essential therapeutic interventions As such the book also focused not only on highly practical and theoretically sound interventions not only on what to do and say but places strong emphasis on how to be with patients describing innovative compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology Throughout the book core concepts fundamental ideas that are highlighted in the text in bold so they can be seen at a glance are emphasized These serve as guiding principles in treatment as well as a summing up of many of the most important notions in each chapter Each chapter concludes with a section for further examination These sections include additional ideas and questions exercises for practicing skills and suggestions for peer discussions based on topics in a particular chapter meant to inspire further curiosity discovery and growth

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