

LAUREL PARNELL



# EMDR

in the TREATMENT of  
ADULTS ABUSED as  
CHILDREN

# Emdr In The Treatment Of Adults Abused As Children

**Carol Tosone**



## **Emdr In The Treatment Of Adults Abused As Children:**

*EMDR in the Treatment of Adults Abused as Children* Laurel Parnell, 1999 Treatment of abuse survivors is extremely challenging whatever the modality Clients may experience intense emotional abreaactions during therapy report horrifying memories and become stuck processing their experiences

**The Handbook of Adult Clinical Psychology** Alan Carr, Muireann McNulty, 2014-03-05 The Handbook of Adult Clinical Psychology provides a reliable source of guidance on the full range of issues associated with conducting evidence based practice in adult mental health Topics covered include general frameworks for practice classification and epidemiology CBT psychodynamic systemic and bio medical models general assessment procedures mood problems depression bipolar disorder and managing suicide risk anxiety problems generalized anxiety disorder panic disorder obsessive compulsive disorder PTSD and social phobia physical health problems somatoform disorders chronic pain adjustment to cancer eating disorders and substance abuse other psychological difficulties schizophrenia borderline personality disorder psychological problems in older adults anger management and depersonalization disorder Each chapter includes useful skill building exercises summaries of the issues covered suggested further reading lists for both psychologists and patients and case material This practical Handbook will prove invaluable to clinical psychologists in training helping them to build the necessary skills to complete a clinical placement in the field of adult mental health The Handbook of Adult Clinical Psychology is one of a set of three handbooks published by Routledge which includes The Handbook of Child and Adolescent Clinical Psychology by Alan Carr and The Handbook of Intellectual Disability and Clinical Psychology Practice Edited by Alan Carr Gary O Reilly Patricia Noonan Walsh and John McEvoy

**Rebuilding Attachments with Traumatized Children** Richard Kagan, 2014-09-25 Learn to build the trust you need to help children in crisis Rebuilding Attachments with Traumatized Children Healing from Losses Violence Abuse and Neglect is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them Author Dr Richard Kagan Director of Psychological Services for Parsons Child and Family Center in Albany New York presents comprehensive information on how to understand and surmount the impact of loss neglect separation and violence on children s development how to discover and foster strengths in children and their families and how to rebuild connections and hope for children who are at risk of harm to themselves and others This unique book is designed to be used in tandem with Real Life Heroes A Life Storybook for Children Haworth an innovative workbook that helps children develop the self esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride Rebuilding Attachments with Traumatized Children helps children move from negative or suppressed memories to a more positive perspective not by denying hardships but by drawing strength from the supportive people in their lives Practitioners can use the book as a framework and detailed guide to assessment engagement development of service plans and implementation of attachment and trauma therapy The book is a comprehensive model for working to build the trust

necessary before other trauma therapy approaches can be successfully initiated Topics examined in Rebuilding Attachments with Traumatized Children include attachment theory and research types of attachment problems PTSD behaviors permanency work with children in placement ADHD bipolar and RAD cognitive behavioral therapies storytelling therapies the myth of perfection neuropsychological patterns and much more Rebuilding Attachments with Traumatized Children is a rich resource for practitioners academics parents adoptive parents foster parents grandparents and anyone working to show troubled children how to learn from the past resolve problems in the present and build a better future **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 **Cognitive Analytic Therapy for Adult Survivors of Childhood Abuse** Philip Pollock, 2001-08-31 This

book considers the aftermath of childhood sexual abuse within the conceptual framework of Cognitive Analytic Therapy and presents a model for treatment **COMPLEX PTSD TRAUMA and RECOVERY** Elise Van der Kolk, Ptsd trauma In our modern times it s a challenge to escape from the world Soldiers and civilians alike are suffering from Post Traumatic Stress Disorder PTSD struggling to survive on the street Some opioid addicts feel as if there is no hope left There are survivors of school shootings Wal Mart shootings and music festival shootings Countless millions suffer at the hands of a loved one A challenge of trauma is that it does not strike and then vanish It lingers on for years leeching the energy and hope of its victims with merciless precision This book provides a way out It reviews the symptoms causes and challenges involved in Post Traumatic Stress Disorder It covers the issues of Post Incarceration Syndrome It works through the many ways of creating new pathways including meditation self awareness grounding techniques and more By participating in the worksheet activities throughout this book you will be guided to take that next step create a path and reach the happiness that was meant to be In This books you will discover How to distinguish PTSD from other related trauma induced conditions and what your plan of action should be in order to recover accordingly for a happier healthier life A breakdown of the five stages of PTSD recovery as well as what identifying clues you should look out for that signify positive development in your healing process The underestimated power of this number one tool in your journey towards recovery and how to incorporate it into your everyday routine to gain the most benefits bonus no extra spending is involved The transformative thinking skill you need in your life that will not only help you heal faster but will also lay a solid foundation for a practical forward thinking mindset Why scheduling alone time into your day will prove to be one of the best approaches when it comes to rebuilding yourself and how you should utilize that time to promote optimum health The backlash PTSD can have on an individual s personal relationships and what you can do to lessen your condition s impact while also strengthening your beloved connections The key to imagining and creating a life beyond recovery opening your eyes to the endless possibilities your future has to offer you and much more If you ve already tried one method of treatment for PTSD yet experienced no positive

results there are still multiple other options available for you to test out so don't get discouraged Every person heals uniquely to the next which means you need to find the method that works solely for you Keep in mind that treatment doesn't automatically mean having to go to therapy plenty of alternative ways to heal exist allowing you to choose whatever feels most comfortable for you This also means that it doesn't matter whether you have the funds to support expensive approaches or not as you will be able to get the help you need regardless Don't let the past get in the way of your future Just scroll up to the top and click on the Buy Now button

**Handbook of EMDR and Family Therapy Processes** Francine Shapiro, Florence W. Kaslow, Louise Maxfield, 2011-01-31 Starting with the Foreword by Daniel Siegel MD the Handbook demonstrates in superb detail how you can combine EMDR's information processing approach with family systems perspectives and therapy techniques An impressive and needed piece of work Handbook of EMDR and Family Therapy Processes provides a clear and comprehensive bridge between individual and family therapies

**Counselling Adult Survivors of Child Sexual Abuse** Christiane Sanderson, 2006-06-15 This updated and expanded edition provides comprehensive coverage of the theory and practice of counselling survivors of child sexual abuse CSA In a reasoned and thoughtful approach this book honestly addresses the complex issues in this important area of work providing practical strategies valuable and new insights for counsellors

*Shared Trauma, Shared Resilience During a Pandemic* Carol Tosone, 2020-12-12 This contributed volume reflects on the collective wisdom and ongoing efforts of the social work profession that has been in the forefront of the global pandemic of COVID 19 The contributors are seasoned social work academics practitioners administrators and researchers Working on the frontlines with patients and families these social workers have garnered experiences and insights and also have developed innovative ways to mitigate the impact of the coronavirus on the psychosocial well being of their clients and themselves The 36 reflections experiences and insights in this curated collection address the behavioral mental health socioeconomic and other repercussions of the coronavirus pandemic that have impacted their client base most of whom are vulnerable populations Repurposed Reassigned Redeployed Safety Planning with Survivors of Domestic Violence How COVID 19 Shifts the Focus COVID 19 and Moral Distress Moral Anguish Therapeutic Support for Healthcare Workers in Acute Care Our Voice Shared Trauma and Harm Reduction in the Time of COVID 19 Wholeheartedness in the Treatment of Shared Trauma Special Considerations During the COVID 19 Pandemic The Role of Ecosocial Work During the COVID 19 Pandemic The Natural World Black Lives Mass Incarceration and the Perpetuity of Trauma in the Era of COVID 19 The Road to Abolition Social Work Teaching Social Work Practice in the Shared Trauma of a Global Pandemic The COVID 19 Self Care Survival Guide A Framework for Clinicians to Categorize and Utilize Self Care Strategies and Practices Shared Trauma Shared Resilience During a Pandemic Social Work in the Time of COVID 19 is an early and essential work on the impact of the pandemic on the social work field with useful practice wisdom for a broad audience It can be assigned in masters level social work practice and elective courses on trauma as well as inform both

neophyte and experienced practitioners It also would appeal to the general public interested in the work of social workers during a pandemic     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     An EMDR Therapy Primer Barbara J. Hensley, 2020-11-24 Note to Readers Publisher does not guarantee quality 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 guide clients smoothly through the EMDR process

**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

**Handbook of Child Sexual Abuse** Paris Goodyear-Brown, 2011-09-09 A comprehensive guide to the identification assessment and treatment of child sexual abuse The field of child sexual abuse has experienced an explosion of research literature and enhanced treatment methods over the last thirty years Representing the latest refinements of thought in this field Handbook of Child Sexual Abuse Identification Assessment and Treatment combines the most current research with a wealth of clinical experience The contributing authors many of whom are pioneers in their respective specialties include researchers and clinicians forensic interviewers and law enforcement professionals caseworkers and victim advocates all of whom do the work of helping children who have been sexually victimized Offering a snapshot of the state of the field as it stands today Handbook of Child Sexual Abuse explores a variety of issues related to child sexual abuse from identification assessment and treatment methods to models for implementation and prevention including The impact of sexual abuse on the developing brain The potential

implications of early sexual victimization Navigating the complexities of multidisciplinary teams Forensic interviewing and clinical assessment Treatment options for children who have traumagenic symptoms as a response to their sexual victimization Treating children with sexual behavior problems and adolescents who engage in illegal sexual behavior Secondary trauma and vicarious traumatization Cultural considerations and prevention efforts Edited by a leader in the field of child therapy this important reference equips helping professionals on the front lines in the battle against child sexual abuse not merely with state of the art knowledge but also with a renewed vision for the importance of their role in the shaping of our culture and the healing of victimized children     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     *Principles and Practice of Stress Management, Third Edition* Paul M. Lehrer, Robert L. Woolfolk, Wesley E. Sime, 2007-08-16 Structured for optimal use as a clinical reference and text this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance Leading experts present in depth descriptions of progressive relaxation hypnosis biofeedback meditation cognitive methods and other therapies Tightly edited chapters examine each method s theoretical and empirical underpinnings and provide step by step guidelines for assessment and implementation illustrated with detailed case examples The volume also explains basic mechanisms of stress and relaxation and offers research based guidance for improving treatment outcomes     **Surviving and Thriving in Care and Beyond** Sara Barratt, Wendy Lobatto, 2018-03-21 This is a book about children who have to grow up apart from their biological parents the impact of this on their lives and on those who look after them and how we can respond to the challenges this poses in order that they can grow and develop in healthy directions It provides a systemic framework to describe working with children and adults who are or have been in care or adopted as well as working with their adoptive parents and carers highlighting their own narratives and those of professionals working with them The authors have tried to make space for multiple voices to speak and describe aspects of the care system and life beyond There are contributions from those who have been brought up away from their biological parents their adoptive parents and foster or kinship carers There are also contributions from researchers and professionals with expertise in working with children in substitute care who describe their theoretical and clinical approaches privileging the voices of those with whom they work     **The Complete Guide to Mental Health for Women** Lauren Slater, Amy Banks, Jessica Henderson Daniel, 2003-08-15 As women we know how important it is to take charge of our health care to be informed and proactive But too often we forget



that our mental wellness is an integral part of our overall health The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce Drawing on the latest thinking in psychiatry and psychology written for women of diverse backgrounds The Complete Guide to Mental Health for Women begins with Part One the life cycle helping women understand the major issues and biological changes associated with young adulthood middle age and old age Specific entries address the psychological importance of women s sexuality relationships motherhood childlessness trauma and illness and discuss how social contexts such as poverty and racism inevitably affect mental health Part Two explores specific mental disorders including those like postpartum depression related to times when women are particularly vulnerable to mental illness Part Three takes a closer look at biological treatments including the use of antidepressants and various types of psychotherapy from cognitive behavioral treatments to EMDR and beyond The Complete Guide to Mental Health for Women ends with a section on life enhancements because the activities that help us live fuller more vital lives are also essential to our mental health The Complete Guide to Mental Health for Women Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists Helps women think through the psychological challenges inherent in the life cycle from young adulthood through old age Focuses on key life issues from sexuality and relationships to trauma and racism Provides important information on mental disorders their biological treatments and psychotherapeutic interventions Includes a comprehensive list of psychotropic medications targeted reading suggestions crucial online resources and support groups The Complete Guide to Mental Health for Women covers what every woman should know about Aging What should I expect from menopause What do I need to know about the benefits and risks of hormone therapy Pregnancy How will becoming a mother change me How do I overcome postpartum depression Childlessness What if I don t want to be a mother Sexuality Is a female Viagra the solution to women s sexual complaints How does societal ambivalence about women s sexuality affect me Body Image and Eating Disorders Are all eating disorders a reaction to societal pressures to be thin Polypharmacy Why are some patients prescribed more than one type of psychotropic drug Is this overmedicating Finding a Psychotherapist How do I know if a therapist is right for me And how do I know what type of therapy I need Anger Why is it the most difficult emotion for many women to express EMDR What exactly is EMDR Is it a reputable therapy Depression and Anxiety What do I need to know about psychopharmaceuticals Does talk therapy help Complementary Treatments for Depression and Anxiety Does St John s Wort really work What else might help     Short-term Counselling in Higher Education David Mair,2015-11-19 As demand for counselling from students across Higher Education HE increases year on year counselling services are continually seeking to explore creative ways of working under the pressure that results from this rise in client numbers One of the most frequent responses to increased demand is limiting the number of sessions that individual students may have Until Short term Counselling in Higher Education there has been no

text which provides a contextual theoretical and practical input to this evolving way of working This book explores constructive ways of providing very short term counselling within a Higher Education context Using case studies and employing up to date statistics from the sector the book gives readers a clear understanding of the nature of the professional challenges and offers ways of addressing these including managing waiting lists developing policies to facilitate timely intervention and understanding the limitations of what short term therapy can offer Short term Counselling in Higher Education explores the implications of working in Higher Education counselling services in this very short term way and as such it will be an essential resource for counsellors heads of counselling services and student services managers in Higher Education helping to find ways of delivering effective short term interventions within existing counselling services **EMDR and The Art of Psychotherapy With Children** Carolyn Settle,Robbie Adler-Tapia,2008-06-16 This book contains invaluable material for the child therapist with varied theoretical backgrounds to more confidently apply EMDR to children Frances Klaff for Journal of EMDR Practice and Research Volume 3 Number 3 2009 In this book the authors present an overview of how therapists can get started in conceptualizing psychotherapy with Eye Movement Desensitization and Reprocessing EMDR methodology through Adaptive Information Processing AIP theory The focus of the book is to teach therapists to effectively use the entire EMDR protocol with young children The first chapter provides a comprehensive overview of how to get started with EMDR after completing basic training The book continues with chapters that detail the basic skills in using EMDR with children and then transitions to more advanced skills in using EMDR with children with specific diagnosis and presenting issues They follow with a chapter summarizing the published evidence to date supporting the practice of EMDR with children Data is then incorporated into a chapter summarizing their research on EMDR with young children in order to provide evidence of therapists ability to adhere to the EMDR protocol with children and to document their research findings about training therapists to use EMDR with children Finally they conclude the book with goals for the future of EMDR with children while encouraging therapists to consider conducting research in order to compel the practice of EMDR with children into the mainstream of child psychotherapy It is a major task of the book to inspire therapists to begin thinking about conducting research and how important research is to therapists in order to validate and advance the practice of psychotherapy In the end the most significant goal of this book is to provide best practice for children who are in need of expert psychotherapy in order to change the trajectory of their lives The hope is to provide guidance and support to therapists in order to launch them in their practice of EMDR This is the art of treating children with EMDR **A Comprehensive Guide to Addiction Theory and Counseling Techniques** Alan A. Cavaola,Margaret Smith,2020-05-13 A blend of theory and counseling techniques this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling along with related techniques and interventions Chapters incorporate cutting edge evidenced based research on neuroscience psychological and

sociocultural theories explaining the biopsychosocial influences of substance use disorders and examine how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder The text additionally helps apply theory to practice offering intervention techniques and using accessible case studies Throughout the text highlighted learning opportunities and key terms further help students to practice and apply the theories interventions and techniques that the book discusses Mental health professionals undergraduate and graduate students alike will benefit from this deft mix of prominent theory innovative research and accessible case studies

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