

Efficacy Of Eye Movement Desensitization And Reprocessing

Eye Movement Desensitization and Reprocessing, abbreviated EMDR, is a recently discovered technique acclaimed as a major breakthrough for the reduction of anxiety. Numerous anecdotal studies have been presented showing the efficacy of EMDR. There are currently no published studies investigating use of EMDR specifically for test anxiety. The purpose of this study was to use the EMDR technique to study its efficacy for test anxiety. This study also examined whether or not high and low expectancy conditions significantly affected scores on post-session anxiety ratings. In addition, the procedure was used with and without eye movement to see whether or not eye movement was a critical factor in eliciting positive change in anxiety ratings. A single session of approximately one hour was conducted individually with 41 subjects, college students reporting test anxiety. The subjects were randomly assigned to one of four conditions reflecting varying combinations of eye movement and expectancy conditions. A 2 x 2 analysis of variance was conducted for expectancy and eye movement factors on two dependent measures. These measures were Subjective Units of Disturbance Scale (SUDs) and the Test Anxiety Inventory (TAI). Results of the study show a significantly greater amount of reduction in the SUDs using the eye movement supporting the hypothesis that eye movement is critical to the efficacy of EMDR. No other statistically significant main effects or interactions were found with measuring the SUDs or TAI. However, it should be noted that all groups showed substantial reductions in post-treatment TAI scores. The expectancy conditions presented to subjects also had no measureably significant effects. There was anecdotal support of the power of the eye movement but no significant behavioral changes other than the reduction in SUDs. It was concluded that EMDR is worthy of further study with larger samples of the test anxious population. Further study may want to use EMDR in conjunction with other techniques and for more than one session.

"...[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.

Drs. Stephen M. Stahl and Bret A. Moore have created an instant classic in Anxiety Disorders: A Guide for Integrating Psychopharmacology and Psychotherapy. Anxiety Disorders is a comprehensive reference for the psychiatry and psychology student, intern, or resident, early career psychiatrist or psychologist, and the busy clinician. It distills the most important information regarding combined treatments for anxiety and presents the material in an easily accessible, understandable, and readable format. Each chapter addresses a specific type of disorder: PTSD, panic, generalized anxiety, obsessive-compulsive and other disorders, and is authored by prominent clinicians with years of experience in providing integrated, individualized treatments. With its thorough exploration of psychopharmacological treatments, psychosocial treatments, and, crucially, the integration of the two, Anxiety Disorders is a text no 21st-century clinician or student can afford to be without.

A Partial Dismantling Procedure

A Project Based Upon an Independent Investigation

Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition

Anxiety Disorders

From Practicum to Practice

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) has gained notoriety as a brief treatment for Posttraumatic Stress Disorder (PTSD). In EMDR, clients repeatedly bring up traumatic events in memory and visually track stimuli moving back and forth in front of them. Previous group studies of EMDR have had methodological problems, however. The present study attempted to (1) assess EMDR's effectiveness compared to an Eye Focus treatment controlling for eye movement; (2) compare both treatments to a wait-list control; and (3) rate therapist characteristics to check experimenter bias. Twenty participants suffering from PTSD were randomly assigned to either EMDR or Eye Focus (EF) treatments, and immediate treatment or wait-list conditions. After two 90-minute treatment sessions, outcomes were assessed on subjective measures of anxiety (SUDs) and cognitive beliefs (VOCs). The mean SUDs pre-post differences on matched pairs t-tests indicated significant reduction of disturbance for both the EMDR group, \$p .001,\$ and the Eye Focus group, \$p .001.\$ VOC ratings showed similar treatment gains. Two-factor analyses assessed changes across groups (2 administrations x 2 treatment groups) on two standardized measures, the Impact of Event Scale (IES) and the Modified PTSD Symptom Scale (MPSS). The IES showed a main effect for treatment F (2, 18) = 16.45, \$p .001,\$ while wait-list remained unchanged F (2, 18) = 1.09, \$p .05.\$ A significant interaction F (2, 18) = 6.69, \$p

The purpose of this replication study was either to support or refute the original Eye Movement Desensitization and Reprocessing research conducted by Shapiro (1989a). The present study was amended with two additional indices to assess anxiety and social functioning. Fourteen subjects suffering long standing (one or more years) traumatic memory symptomatology, concerning rape, physical abuse, incest, and childhood sexual molestation, were randomly assigned to one of two treatment conditions. Traumatic memories were pivotal to presenting symptoms, which included panic attacks, self-blaming/guilt, intrusive thoughts, anxiety, nightmares, insomnia and avoidant thinking/behavior. All subjects were diagnosed with Post-Traumatic Stress disorder (PTSD), by an independent licensed clinical psychologist. There were 13 females and one male. The male subject was in the Control Group. Age range was from 25 to 49 years with a Mean age of 38.64 years. Range for age of traumatic event was five to 19 years of age, with a Mean age of 10.14 years. Range for duration of the subjects' symptoms since traumatic event was 18 to 44 years with a Mean age of 28.5 years. Dependent variables were (1) anxiety level, (2) validity of a positive self-statement/assessment of the traumatic incident, (3) primary presenting symptom and (4) social adjustment. Measures utilized were the Subjective Units of Disturbance Scale (SUDS), the Validity of Cognition (VoC) self evaluation, primary presenting symptom self report, the Impact of Event Scale (IES), and the Social Adjustment-Self Report (SAS-SR). Initial measures demonstrated that all subjects were essentially the same prior to any treatment. Measures were obtained at the initial session and at one- and three-month follow-up sessions. Where applicable the analyses conducted paralleled those used in the original research. The results of the study indicated that a single session of EMDR successfully desensitized the subjects' traumatic memory, significantly mediated their cognitive assessment of the situation, as well as their social adjustment. Treatment effects were maintained over the period of the study for all subjects. These findings support the original conclusions in Shapiro's (1989a) seminal study of the Eye Movement Desensitization and Reprocessing procedure. The exact neurological mechanisms involved in the Eye Movement Desensitization and Reprocessing procedure remain unknown.

Efficacy of Eye Movement Desensitization and Reprocessing Procedure in the Treatment of Traumatic Memories

The Efficacy of Eye Movement Desensitization Reprocessing in the Treatment of Posttraumatic Stress Disorder

PTSD in Children and Adolescents

Clinical Perceptions on the Efficacy of Eye Movement Desensitization and Reprocessing in the Treatment of Single Incident Trauma

Questions, Answers and Musings

Handbook of Posttraumatic Stress

The application of psychiatry to war and terrorism is highly topical and a source of intense media interest. Shell Shock to PTSD explores the central issues involved in maintaining the mental health of the armed forces and treating those who succumb to the intense stress of combat. Drawing on historical records, recent findings and interviews with veterans and psychiatrists, Edgar Jones and Simon Wessely present a comprehensive analysis of the evolution of military psychiatry. The psychological disorders suffered by servicemen and women from 1900 to the present are discussed and related to contemporary medical priorities and health concerns. This book provides a thought-provoking evaluation of the history and practice of military psychiatry, and places its findings in the context of advancing medical knowledge and the developing technology of warfare. It will be of interest to practicing military psychiatrists and those studying psychiatry, military history, war studies or medical history.

An untainted and positive approach to life is a keystone to achieving happiness. Just as we fail to view a clear vista looking through a dirty glass, we fail to view the beauty of life looking through a mind riddled with negative memories. Eye Movement Desensitization Reprocessing (EMDR)-although still in its early stages of global recognition- is a form of therapy that has helped millions with their psychological ailments. Extensive research has evidenced the efficacy of EMDR's approach in the treatment of trauma. This eBook provides essential information about EMDR, discussing it history, definition, the eight phases of treatment, research based results, plenty of self-help techniques and much besides. It deliberates the benefits of EMDR in the treatment of post-traumatic stress disorder (PSTD), anxiety, various phobias and other experiential-based disorders. Enhanced with examples and broad descriptions, the book gives a thorough understanding of the purpose of the therapeutic approach and provides a vivid imagery of what EMDR therapy sessions look like. This eBook will serve as a great compass for the understanding of EMDR for those seeking to pursue the therapy. It furnishes all the necessary information needed to understand whether this therapy is the right one for you or a loved one.

Eye Movement Desensitization and Reprocessing (Emdr) Therapy

Treatment of Sexual Trauma Post-traumatic Stress Disorder and a Treatment Efficacy Hypothesis

Efficacy with Residential Latency Age Children

A Replication Study

Eye Movement Desensitization and Reprocessing

EMDR

Present and Future of EMDR in Clinical Psychology and Psychotherapy

This handbook shows the wide perspective cognitive-behavioural treatment can offer to health professionals, the vast majority of whom now recognize that cognitive behavioural procedures are very useful in treating many 'mental' disorders, even if certain disciplines continue to favour other kinds of treatment. This book offers a wide range of structured programmes for the treatment of various psychological/psychiatric disorders as classified by the DSM-IV. The layout will be familiar to the majority of health professionals in the description of mental disorders and their later treatment. It is divided into seven sections, covering anxiety disorders, sexual disorders, dissociative, somatoform, impulse control disorders, emotional disorders and psychotic and organic disorders. Throughout the twenty-three chapters, this book offers the health professional a structured guide with which to start tackling a whole series of 'mental' disorders and offers pointers as to where to find more detailed information. The programmes outlined should, it is hoped, prove more effective than previous approaches with lower economic costs and time investment for the patient and therapist.

Eye Movement Desensitization 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.

This study examined the efficacy of EMDR therapy as a treatment for unipolar depression. Results provide preliminary evidence for the efficacy of EMDR therapy. Of the 12 participants that received 10 sessions of EMDR therapy, four met the criteria for "Recovered," six "Improved" and two reported no change in severity of depressive symptoms. Results further indicated that participants who experienced decline in depressive symptoms within the first six sessions of treatment had a higher probability to be meet the criteria for "Recovered." A small sample comparison between EMDR therapy (n = 4) and CBT (n = 4) did not find any significant difference in terms of treatment outcome. In phase 2, participants in both groups either improved or recovered after 10 sessions of treatment. Sudden gains analysis indicated that 5 out of 12 EMDR therapy participants had sudden gains. Participants in sudden gains group were more likely to meet "Recovered" criteria than participants in no-gains group. Examination of attention bias found that depression was positively related to negative affect fixation duration and negatively related to positive affect fixation duration when only using female affect images. These findings support previous research that used attention bias to differentiate depressed and non-depressed persons. Clinical implication and further research are discussed.

Eye Movement Desensitization and Reprocessing (EMDR), Second Edition

The Efficacy of Eye Movement Desensitization and Reprocessing in the Treatment of Test Anxiety

Eye movement desensitization and reprocessing treatment for panic disorder

A Guide for Integrating Psychopharmacology and Psychotherapy

Basic Principles, Protocols, and Procedures

The Efficacy of Eye Movement Desensitization Reprocessing in the Treatment of Symptoms Related to Sexual Trauma

PTSD is a recently named psychiatric condition that unknown before the publication of DSM-III in 1980. The creation of this diagnosis was intensely controversial, and there continued to be considerable reluctance to apply the term to children. The 1985 landmark volume, Posttraumatic Stress Disorder in Children, edited by Spencer Eth and Robert Pynoos, helped establish the validity of this condition during childhood. Now Spencer Eth has edited PTSD in Children and Adolescents, a work that brings the field of childhood trauma in to the new century by offering fresh insights on five major topic areas in child and adolescent PTSD: Techniques for comprehensive evaluation -- details recently developed diagnostic instruments and rating scales that measure the variety and severity of traumatic symptoms in children and adolescents. Forensic aspects of traumatized children -- surveys legally pertinent issues, including abuse, reliability of traumatic memories, and credibility of child victims. Juvenile offenders and incarcerated youth -- examines the role of trauma in the lives of juvenile offenders, noting that the victimization of delinquents must be specifically addressed in order for an integrated approach to treatment to achieve effective rehabilitation. Biological treatment strategies -- systematically reviews the important role of medications for PTSD in clinical practice, including such topics as biological dysregulation, target symptoms, and the inclusion of drugs into the biopsychosocial treatment plan. The relationship between exposure to trauma in childhood and the development of psychiatric disorders in adulthood -- presents current research on the long-term prognosis of traumatized children and adolescents by analyzing the association between early traumatic exposure, biological substrates, and subsequent symptomatic morbidity. Mental health practitioners and trainees, as well as attorneys, pediatricians, and school personnel, will find this thoroughly annotated volume an invaluable roadmap in their journey toward understanding PTSD and discovering more effective treatments for traumatized children and adolescents. With its eclectic perspective and interdisciplinary format, this exceptional reference will also enhance courses in developmental psychology, social work, and education.

Eye Movement Desensitization and Reprocessing (EMDR) was developed in 1987 by Francine Shapiro, as a modality for relieving anxiety, traumatic memories, intrusive thoughts, and reprocessing negative self-beliefs to positive self-beliefs. One of the most common uses of EMDR in recent years has been the treatment of Post Traumatic Stress Disorder (PTSD). This current study investigated the effects of EMDR across a sample of 3 sexually abused women diagnosed with PTSD using a multiple baseline design across subjects. the study specifically focused on whether or not intervention with EMDR effects traumatic memory and negative/irrational cognitions, decreases stress or changes levels of anxiety, depression and heart rate. the study intended to assess the efficacy of EMDR while simultaneously reduce human suffering and answer some of the more serious criticisms which have blurred confidence in EMDR outcome research. Specifically, the study controlled for a number of the criticisms in the literature predominantly through a confirmation of an accurate PTSD diagnosis and through the use of a multiple baseline design. the multiple baseline design was applied sequentially to the same problem across different but matched subjects sharing the same environmental conditions. Heart rate level and well-known psychometrics were used to obtain baseline, intervention and post-intervention measures. Psychometric scores reflecting levels of depression, anxiety, and subjective levels of the impact of distress regarding the trauma were assessed along with the levels of anxiety currently experienced about the trauma and subjective ratings regarding the acceptance of the preferred, self-generated positive cognition. the measures used in this study were an initial clinical interview, an Anxiety Disorders Interview Schedule for the DSM IV (Brown, DiNardo & Barlow, 1994), Beck Depression Inventory (Beck, Rush, Shaw & Emery, 1979), Beck Anxiety Inventory (Beck, 1993), Wolpe's Subjective Unit of Disturbance Scale (Wolpe, 1982), Validity of Cognition (Shapiro, 1989), Impact of Event Scale (Horowitz, Wilner & Alvarez, 1979) and heart rate. the study reported descriptive statistics to analyze the multiple baseline study and to determine EMDR's clinical significance in treating PTSD. the effects of EMDR on the three PTSD subjects of this study demonstrated that meaningful changes occurred in several areas. Subjective disturbance and stress surrounding the traumatic memory decreased, positive self-cognitions increased, and both depression and anxiety levels decreased following EMDR treatment. No change in heart rate physiology occurred. All of the study's treatment measures were maintained at follow-up. the results of this study suggest that EMDR may be a powerful and effective intervention to reduce patient suffering in a relatively painless fashion.

The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book--now revised and expanded--has enhanced the clinical repertoires of more than 125,000 readers and has been translated into 10 languages. 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. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. New to This Edition *Over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies. *New and revised protocols and procedures. *Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. *Appendices with

session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

A Multiple Baseline Study

A Study of the Effects of Eye Movement and Expectancy on the Procedure's Results

The Single, 5-6 Hour Session

Eye Movement Desensitization and Reprocessing (Emdr) Therapy

The Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) with Racially and Culturally Diverse Populations

The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma

Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations. In EMDR Solutions you will find fifteen exemplary EMDR solutions, each of which develops the Standard Protocol in creative and highly effective ways. These solutions move EMDR forward and expand the application of this powerful therapeutic approach. In this source book of therapeutic strategy and clinical insight, each chapter presents step-by-step instructions for implementing a particular EMDR solution with clients. Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol. Concrete and specific, the clinical work illustrated here will add to you fund of knowledge and broaden your practice. Robin Shapiro has gathered a stellar group of EMDR practitioners. Each of the contributors offers key therapeutic insights in an easy-to-digest form: – Maureen Kitchur presents her Strategic Developmental Model, a meta-model for EMDR practice that encompasses all phases of the Standard Protocol, Ericksonian utilization language, and attachment-enhancing practices. Kitchur's model gives a clear order for EMDR processing and a way to process wordless or implicit experience. – Roy Kiessling offers his Resource Development strategies. Easy to learn and very helpful for clients who are disorganized or in crisis, Kiessling's methods turn resources into cognitive interweaves and ego states into resources. – Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatment from history taking through processing to "It's gone!" – A. J. Popky turns the Subjective Units of Distress scale (SUDS) on its head by targeting inappropriate positive affect. Popky also shares his DeTUR protocol with its Level of Urge to Use (LOUU) for the treatment of addictions and compulsive behavior. – Jim Knipe builds on Popky's work with the SUDS and presents techniques for clearing love-sickness, procrastination, avoidance and codependence using the Level of Urge to Avoid (LOUA). – Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders. Twombly's applies techniques derived from hypnosis and ego-state work while Lanius shows how to use opiate-inhibiting medication to allow EMDR to work with dissociated clients. – Robin Shapiro addresses the Two-Hand Interweave, a simple but widely applicable exercise of discernment. Shapiro also contributes chapters on using EMDR with anxiety disorders, in differentiation-based couple's therapy and with generational and cultural introjects. – Elizabeth Turner engages children with art therapy, play therapy, and story telling in all phases of EMDR. Her chapter is the delightful cherry on top of this informative, easy-to-use book. Additional chapters by Carole Lovell, Andrew Seubert, Jim Cole, and Susan Schulherr address EMDR with dialectical behavior therapy (DBT) with borderline clients, working with mentally retarded clients, a reenactment tool from guided imagery, and the binge/starve cycle of eating disorders. Whether you read EMDR Solutions cover-to-cover or peruse one chapter that speaks to a particular technique or client population, you will be adding crucial skills and knowledge to your EMDR toolbox.

The two volume APA Handbook of Trauma Psychology is the most comprehensive guide and reference work on the subject to date. It provides a survey of all the major areas and subtopics of empirical knowledge and practical applications in the field of trauma psychology, written by top experts in the field. Volume 1 is divided into sections on the nature of trauma, its psychological impact, major conceptual frameworks for understanding traumatization, and trauma as viewed from the diverse perspective of various disciplines. Volume 2 covers multiple applications of trauma psychology, including various modalities of trauma assessment, major treatment approaches across the lifespan, and multiclient and organizational practice. The APA Handbook of Trauma Psychology is an essential resource for specialists in trauma who need comprehensive information, for practitioners who seek to familiarize themselves with the range of approaches for trauma assessment and treatment, and for students as a graduate level or advanced undergraduate level textbook.

The effects of three, 1.5-hour Eye Movement Desensitization and Reprocessing (EMDR) treatment sessions on traumatic memories and psychological symptoms of 80 subjects were studied. the treatment sessions were administered within a two week period. Forty women and 40 men ranging in age from 21-67 were interviewed and selected from a pool of 117. Subjects reported continuous difficulty and suffering (mean 13 years) in some area of their life since the occurrence of the traumatic event. Approximately 1/3 of subjects had no prior therapy experience. Subjects were randomly assigned to either EMDR treatment or delayed EMDR treatment condition, and to one of five EMDR trained therapists. Treatment therapists (licensed psychologists and counselors) consisted of two women and two men, each working with five men and five women in each group (gender study issues). the therapists had been trained in EMDR by Francine Shapiro. Each had various levels of EMDR experience and training, ranging from facilitator training with two to three years EMDR clinical experience, to Level I and minimal EMDR clinical experience. Treatment fidelity was consistent throughout the study. Subjects receiving EMDR showed decreases in anxiety and presenting complaints, and increases in positive self-evaluations. the six standardized tests and subjective reports were administered by an objective independent assessor (licensed psychologist) pre and post treatment, and at a 90-day follow-up. Subjects in the delayed EMDR treatment group showed no improvement on any of these measures during the 30 days before treatment. After treatment, the delayed EMDR treatment group showed decreases in anxiety and presenting complaints and increases in positive self-evaluations. All ANOVA interactions for both groups were significant at p \$

APA Handbook of Trauma Psychology

Efficacy of Eye Movement Desensitization and Reprocessing in the Treatment of Trauma and Anxiety Disorders

International Handbook of Cognitive and Behavioural Treatments for Psychological Disorders

EMDR and The Art of Psychotherapy With Children

Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) for Post-traumatic Stress Disorder (PTSD)

Eye Movement Desensitization and Reprocessing (EMDR) Therapy as a Treatment for Depression

"With this Second Edition of An EMDR Therapy Primer, Dr. Hensley has created a very clear step-by-step guide to assist the newly trained EMDR clinician. Not only will it help transition training into practice but also help those trained earlier who are looking to update their skills. I highly recommend this book for any EMDR clinician wanting to assure fidelity to the model and methods." —Rosalie Thomas, RN, PhD "I believe that Dr. Hensley has written a book that is simple, basic, and can mentor therapists who are EMDR trained and yet intimidatedÖ.This book brings us back to the basics." —Jennifer Lendl, PhD This is a step-by-step overview of the foundations of EMDR Therapy presented in easily accessible, conversational language. It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely, confidently, and effectively. The second edition is fully revised to reflect the evolution of EMDR to an integrative psychotherapeutic approach and is intended for use as a companion to Francine Shapiro's seminal EMDR texts. It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions. An abundance of new information addresses EMD versus EMDR; research on the mechanism, model, and methodology of EMDR Therapy; bilateral stimulation; ancillary targets; the why and the how of many key EMDR Therapy components; protocol for single and recent traumatic events; updated information about the cognitive interweave, future templates; and much, much more. The book provides concise coverage of the AIP model and EMDR principles, protocols, and procedures and addresses the types of targets accessed during the EMDR process. The book summarizes the Eight Phases of EMDR Therapy and the Stepping Stones of Adaptive Resolution—the components of the standard EMDR protocol. The building blocks of EMDR Therapy—past, present, and future—are assessed with regard to appropriate targeting and successful outcomes, as are abreactions, blocked processing, and cognitive interweaves. Detailed case studies demonstrate strategies to assist the client in reaching adaptive resolution of trauma. New to the Second Edition: Completely revised and updated Reflects the evolution of EMDR to an integrative therapeutic approach Expands specialized EMDR techniques Includes new strategies to overcome obstacles Presents new transcripts and case studies Provides "Derailment Possibilities" to alert clinicians of potential obstacles to therapeutic success Extensive appendices include definitions for EMDR Therapy, EMDR Therapy scripts, and additional resources

"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....[I]t 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 serves as a one-stop resource where therapists can access a wide range of word-for-word scripted protocols for EMDR practice, including the past, present, and future templates. These scripts are conveniently outlined in an easy-to-use, manual style template for therapists, allowing them to have a reliable, consistent form and procedure when using EMDR with clients. The book contains an entire section on the development of resources and on clinician self-care. There is a self-awareness questionnaire to assist clinicians in identifying potential problems that often arise in treatment, allowing for strategies to deal with them. Also included are helpful past memory, current triggers and future template worksheet scripts. Key topics include: Client history taking that will inform the treatment process of patients Resource development to help clients identify and target their problems to regain control when issues appear overwhelming Scripts for the 6 basic EMDR Protocols for traumatic events, current anxieties and behaviors, recent traumatic events, phobias, excessive grief, and illness and somatic disorders Early intervention procedures for man-made and natural catastrophes EMDR and early interventions for groups, including work with children, adolescents, and adults Written workbook format for individual or group EMDR to enhance performance and positive emotion

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.

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols

Military Psychiatry from 1900 to the Gulf War

Meta-analysis of Eye Movement Desensitization and Reprocessing Efficacy Studies in the Treatment of PTSD

The Efficacy of Eye Movement Desensitization in the Treatment of Trauma Related Imagery and Cognitions

Efficacy of the Eye Movement Desensitization Procedure as Compared to Accelerated Massed Desensitization in the Treatment of Test Anxiety

The Efficacy of Eye Movement Desensitization Reprocessing in the Treatment of Combat Related Posttraumatic Stress Disorder

When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.

Randomized controlled trials are one of the most powerful and revolutionary tools of research. This book is a convenient and accessible description of the underlying principles and practice of randomized controlled trials and their role in clinical decision-making. Structured in a jargon-free question-and-answer format, each chapter provides concise and understandable information on a different aspect of randomized controlled trials, from the basics of trial design and terminology to the interpretation of results and their use in driving evidence-based medicine. The authors end each chapter with their musings, going beyond the evidence or citations, and sometimes even beyond orthodox correctness to share their thoughts and concerns about different aspects of randomized controlled trials, and their role within the health system. Updated to include insights from the last decade, this second edition challenges over-reliance on randomized controlled trials by debating their strengths and limitations and discussing their optimal use in modern healthcare. It also includes a new and increasingly relevant chapter on the ethics of randomized trials. World renowned writers and thinkers Drs Jadad and Enkin bring you this invaluable book for busy health professionals who wish to understand the theory of randomized controlled trials and their influence on clinical, research or policy decisions.

In 2008, the Institute of Medicine called for "more efficient adaptations of standard psychotherapy" (p. 153) treatments for post-traumatic stress disorder (PTSD), emphasizing fewer, more frequent treatment sessions. Eye Movement Desensitization and Reprocessing (EMDR) has been consistently shown to be not only efficacious but efficient in resolving PTSD symptoms (c.f. Shapiro, 1989a). Indeed, in both metanalyses and single study comparisons of cognitive behavioral therapy (CBT) and EMDR, EMDR resolved PTSD symptoms as effectively but often more quickly than the gold-standard CBT (c.f. Jaberghaderi et al., 2004; Van Etten & Taylor, 1998) Given EMDR's noted efficiency, the researchers sought to determine whether a single, intensive EMDR session could provide relief from PTSD symptoms. The model for the procedure was drawn from Barabasz and colleagues' (2011, 2012, 2013) highly successful application of abreactive ego state therapy in a single, 5-6 hour session. Twenty participants were assigned, in balanced order, to receive either EMDR or relaxation- therapy active control treatment. Efficacy was measured at pre-treatment, post-treatment, 1 and 3 months follow-up using the PTSD Checklist, Civilian version (PCL-C)(Weathers, 1993). A 2 (group) x 4 (time) mixed ANOVA with planned contrasts and simple effects analysis and a Pearson chi-square test were applied to the data. Participants in the EMDR group improved significantly over the course of the study, with 100% in the EMDR group no longer meeting diagnostic criteria for PTSD diagnosis as defined by the PCL-C at 3 month follow-up, as compared to only 30% in the control group. There were also significant main effects of time and group, suggesting that on average the EMDR group improved more rapidly and to a greater degree than did the control group.

Psychosocial, Cultural, and Biological Perspectives

An EMDR Therapy Primer, Second Edition

Emdr Therapy

efficacy and mechanisms

Efficacy of Eye Movement Desensitization and Reprocessing (Emdr) Treatment for Psychologically Traumatized Individuals

Randomized Controlled Trials

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

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.

Basics and Special Situations

EMDR Solutions: Pathways to Healing

Neurological Foundations of Post Traumatic Stress Disorder and the Importance of Eye Movements in the Efficacy of Eye Movement Desensitization and Repocessing

Learn to Love Your Past, Present and Future

Shell Shock to PTSD

