



## Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 2nd Edition

By Francine Shapiro

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### Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 2nd Edition By Francine Shapiro

This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 ([www.guilford.com/EMDR-appendices](http://www.guilford.com/EMDR-appendices)). These appendices comprehensively review current research on EMDR and its clinical applications.

EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder).

New to This Edition:

\*Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications.

\*Updated protocols and procedures for working with adults and children with a range of presenting problems.

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### **Editorial Review**

#### Review

"EMDR, arising out of a cognitive-behavioral orientation, has increasingly become a rather strikingly integrative approach. Its potential fascination for psychodynamically oriented therapists is considerable. In my own experience, it has seemed to generate 'deep' material rapidly and to provide access to a wider range of associations and of sensory/affective connections. I am personally eager to conduct research further investigating these impressions, and hope other psychodynamically oriented clinician-researchers will join in this investigative effort."--Paul Wachtel, PhD, City College and the Graduate Center, City University of New York

"Since the introduction of EMDR in 1989, over 40,000 clinicians have been trained in its practice and a large volume of scientific work has established its remarkable, and unusually rapid, capacity to treat the effects of psychological trauma. Despite the fact that EMDR brings together aspects of many major psychological orientations, it appears to have unique treatment effects that are still only partially understood. Francine Shapiro, has consistently promoted the highest standards of clinical rigor and scientific efforts to further the understanding of this unique procedure. This book lucidly presents the method and the accumulated scientific knowledge, and spells out the puzzles and controversies that continue to be resolved in the context of the ongoing evolution of neuroscience and outcome research. Personally, I have been amazed by the effectiveness of EMDR. I would no longer know how to treat my patients without having this tool available. It has changed my whole notion about how well we can help traumatized people."--Bessel A. van der Kolk, MD, Professor of Psychiatry, Boston University School of Medicine

"This pragmatic book is important as the definitive presentation of the EMDR method....Clinicians will welcome its detailed explanation....Several case examples and five annotated transcripts nicely illustrate subtleties in the method and the therapist's client-centered role."  
(*Contemporary Psychology* 2001-08-08)

"The writing is clear with general guidelines balanced by exemplary case illustrations to illustrate specific procedures and sample phrases to be used by the therapist....The description of the benefits to be expected is balanced throughout by descriptions of the special precautions, possible side effects, difficult populations encountered and procedural variations needed."  
(*Psychotherapy in Private Practice* 2001-08-08)

"In a very few years, EMDR has grown from a bizarre sounding new technique to the most extensively researched treatment for PTSD (with numerous additional applications also being pursued)....A number of recent, rather convincing studies have established EMDR as a legitimate and powerful treatment."  
(*Professional Psychology* 2001-08-08)

#### About the Author

Francine Shapiro, PhD, the originator and developer of EMDR, is a senior research fellow at the Mental Research Institute in Palo Alto, California; Executive Director of the EMDR Institute in Watsonville, California; and founder and President Emeritus of the EMDR Humanitarian Assistance Programs, a

nonprofit organization that coordinates disaster response and pro bono trainings worldwide. She is a recipient of the International Sigmund Freud Award for distinguished contribution to psychotherapy, from the City of Vienna; the American Psychological Association Division 56 Award for Outstanding Contributions to Practice in Trauma Psychology; and the Distinguished Scientific Achievement in Psychology Award, from the California Psychological Association. Dr. Shapiro was designated as one of the "Cadre of Experts" of the American and Canadian Psychological Associations' Joint Initiative on Ethnopolitical Warfare. She has written and coauthored more than 60 articles, chapters, and books about EMDR.

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#### **Marjorie Wright:**

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