

# EMDR UP CLOSE



SUBTLETIES OF TRAUMA  
PROCESSING

PHILIP  
MANFIELD, PHD

# Emdr Up Close Subtleties Of Trauma Processing

**Mark Dworkin**



## **Emdr Up Close Subtleties Of Trauma Processing:**

**EMDR Up Close** Philip Manfield, 2013-09-16 EMDR Up Close provides a rare opportunity to get inside the mind of a talented and experienced EMDR therapist as he works with both straightforward and complex therapeutic challenges Dr Manfield provides verbatim transcripts with commentary at each choice point that explains why he chooses to use one intervention over another what cues he is attending to and what language he employs for his interventions This book would be valuable for both beginning and seasoned EMDR therapists It will assist newly trained therapists in developing their capacity to understand how to handle the challenges that inevitably arise during EMDR sessions It would also be valuable for advanced practitioners because it would expose them to Dr Manfield's elaborations and refinements of Francine Shapiro's brilliant protocol Your book is the best I have ever read about EMDR Melinda Stengel LCSW EMDRIA Approved Consultant Evanston IL This book is a companion to [www.emdrclinicalvideos.com](http://www.emdrclinicalvideos.com) a website containing 25 full length clinical EMDR videos including those from which the transcripts in this volume were made **Dynamical Neurofeedback®**

**Neuroptimal® INTEGRATED WITH PSYCHOTHERAPY** Amabili Massimo, Di Domenico Alessandro, 2025-09-04 This book explores the revolutionary potential of an innovative non invasive method that helps the brain self regulate and optimize its capabilities supported by foundations of psychology neuroscience philosophy physics and mathematics that intertwine in harmonious balance Through real world clinical cases and a solid scientific foundation you will discover how this approach can foster profound and lasting change improving stress management sleep concentration and self esteem Prepare yourself for a fascinating journey into the world of neuroscience and well being where technology meets the art of self care A unique opportunity for mental health professionals psychologists psychotherapists psychiatrists healthcare professionals physicians neurologists neurosurgeons neuropsychiatrists neurorehabilitators dieticians and nutritionists physiotherapists osteopaths etc non healthcare professionals athletes wellness professionals counselors coaches business managers etc and anyone who wishes to improve the quality of their life and work Dynamical Neurofeedback is a technology developed by Zengar Institute Inc and used in its NeurOptimal brain training systems *Le Dynamical Neurofeedback® Neuroptimal® Intégré À La Psychothérapie* Amabili Massimo, Di Domenico Alessandro, 2025-09-22

Questo libro esplora il potenziale rivoluzionario di un metodo innovativo e non invasivo che aiuta il cervello ad autoregolarsi e ottimizzare le proprie capacità supportato da fondamenti di psicologia neuroscienze filosofia fisica e matematica che si intrecciano in un equilibrio armonico Attraverso casi clinici reali e una solida base scientifica scoprirai come questo approccio possa favorire un cambiamento profondo e duraturo migliorando la gestione dello stress del sonno la concentrazione e l'autostima Preparati ad un viaggio affascinante nel mondo delle neuroscienze e del benessere dove la tecnologia incontra l'arte della cura di sé Un'opportunità unica per professionisti della salute mentale Psicologi Psicoterapeuti Psichiatri operatori sanitari Medici Neurologi Neurochirurghi Neuropsichiatri Neuroriabilitatori Dietologi e Nutrizionisti Fisioterapisti Osteopati ecc operatori non sanitari sportivi

operatori del benessere counselor coach manager d azienda ecc e per chiunque desideri migliorare la qualit della propria vita e del proprio lavoro Dynamical Neurofeedback una tecnologia sviluppata da Zengar Institute Inc e utilizzata nei suoi sistemi di allenamento cerebrale NeurOptimal

**Il Dynamical Neurofeedback® Neuroptimal® Integrato Alla Psicoterapia** Amabili Massimo e Di Domenico Alessandro, 2025-05-12 Questo libro esplora il potenziale rivoluzionario di un metodo innovativo e non invasivo che aiuta il cervello ad autoregolarsi e ottimizzare le proprie capacit supportato da fondamenti di psicologia neuroscienze filosofia fisica e matematica che si intrecciano in un equilibrio armonico Attraverso casi clinici reali e una solida base scientifica scoprirai come questo approccio possa favorire un cambiamento profondo e duraturo migliorando la gestione dello stress del sonno la concentrazione e l autostima Preparati ad un viaggio affascinante nel mondo delle neuroscienze e del benessere dove la tecnologia incontra l arte della cura di s Un opportunit unica per professionisti della salute mentale Psicologi Psicoterapeuti Psichiatri operatori sanitari Medici Neurologi Neurochirurghi Neuropsichiatri Neuroriabilitatori Dietologi e Nutrizionisti Fisioterapisti Osteopati ecc operatori non sanitari sportivi operatori del benessere counselor coach manager d azienda ecc e per chiunque desideri migliorare la qualit della propria vita e del proprio lavoro Dynamical Neurofeedback una tecnologia sviluppata da Zengar Institute Inc e utilizzata nei suoi sistemi di allenamento cerebrale NeurOptimal

**EMDR and the Relational Imperative** Mark Dworkin, 2013-08-21 In this groundbreaking work Mark Dworkin an EMDR teacher facilitator and long time practitioner explores the subtle nuances of the therapeutic relationship and the vital role it plays in using Eye Movement Desensitization and Reprocessing EMDR with traumatized clients Showing how relational issues play a key role in each phase of EMDR treatment the author provides tools for the therapist to more efficiently apply this method in the treatment of trauma victims and form a stronger and healthier relationship with the patient A standard reference for all practitioners working to heal the wounds of trauma this book will be an essential resource for the effective application of EMDR

*Art Therapy, Trauma, and Neuroscience* Juliet L. King, 2021-09-22 Art Therapy Trauma and Neuroscience combines theory research and practice with traumatized populations in a neuroscience framework The classic edition includes a new preface from the author discussing advances in the field Recognizing the importance of a neuroscience and trauma informed approach to art therapy practice research and education some of the most renowned figures in art therapy and trauma use translational and integrative neuroscience to provide theoretical and applied techniques for use in clinical practice Graduate students therapists and educators will come away from this book with a refined understanding of brain based interventions in a dynamic yet accessible format

*The Body Bears the Burden* Robert Scaer, 2014-01-03 When The Body Bears the Burden made its debut in 2001 it changed the way people thought about trauma PTSD and the treatment of chronic stress disorders Now in its third edition this revered text offers a fully updated and revised analysis of the relationship between mind body and the processing of trauma Here clinicians will find detailed thorough explorations of some of neurobiology s fundamental tenets the connections between

mind brain and body and the many and varied ways that symptoms of traumatic stress become visible to those who know to look for them      **Speaking about the Unspeakable** Dennis McCarthy, 2008-05-10 Life's most pivotal experiences both

good and bad can be truly expressed via the language of the imagination Through creativity and play children are free to articulate their emotions indirectly Here the contributors describe a wide variety of non verbal therapeutic techniques illustrating their descriptions with moving case studies      *EMDR Therapy* Katarina Volkov, In the late 1980s a chance walk through a park would forever change the landscape of trauma therapy Dr Francine Shapiro a psychology student at the time noticed something peculiar during her stroll As disturbing thoughts entered her mind she observed that moving her eyes back and forth seemed to reduce the emotional intensity of these memories This serendipitous moment led to what would become one of the most researched and effective treatments for trauma Eye Movement Desensitization and Reprocessing known simply as EMDR The human brain's capacity to heal itself has long fascinated researchers and clinicians alike Throughout history various therapeutic approaches have emerged each attempting to unlock the mysteries of psychological healing From Freud's psychoanalysis to Beck's cognitive behavioral therapy the field has continuously evolved Yet none of these approaches quite captured the elegant simplicity and remarkable effectiveness that EMDR would demonstrate in treating traumatic memories What makes EMDR particularly revolutionary is its departure from traditional talk therapy models Rather than requiring clients to extensively verbalize their trauma or engage in prolonged exposure to traumatic memories EMDR works with the brain's natural information processing system This approach recognizes that trauma often becomes stuck in the nervous system creating symptoms that persist long after the actual danger has passed      A Therapist's Guide to EMDR Laurel Parnell, 2010-02-17 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications Areas essential to successful utilization of EMDR are emphasized These include case conceptualization preparation for EMDR trauma processing including resource development and installation target development methods for unblocking blocked processing including the creative use of interweaves and session closure Case examples are used throughout to illustrate concepts The emphasis in this book is on clinical usefulness not research This book goes into the therapy room with clinicians who actually use EMDR and shows readers how to do it in practice not just in theory In short this is the new practical book on EMDR      **EMDR Toolbox** James Knipe, 2014-08-05 Reading this book has given me a whole host of new ideas about working with complex and dissociative clients Clear and engaging peppered with relevant case histories this book would make an important addition to anyone's EMDR related book collection Dr Robin Logie EMDR UK Ireland This book is the first to bring together in one volume an overview of the principal issues in treatment of dissociative disorders in complex PTSD and a description of the integration of specific EMDR related interventions or tools with other psychotherapeutic treatments These tools can significantly extend the therapeutic power of EMDR related

methods Each intervention is examined in detail with accompanying transcripts illustrating the nuances and variations in how the intervention is applied It is written by a highly esteemed EMDR scholar trainer international speaker and author who is an EMDRIA designated Master Clinician The book discusses how the concepts and vocabulary of other models of dissociation particularly the Theory of Structural Dissociation of the Personality and the Internal Family Systems model translate directly into EMDR s Adaptive Information Processing language It presents detailed descriptions of specific EMDR related tools that are useful in facilitating and safely accelerating therapeutic progress with clients suffering from Complex PTSD These include such standard EMDR procedures as Trauma Processing and Resource Installation several conceptual cognitive phenomenological models of dissociative personality structures and symptoms and specific EMDR interventions for resolving dysfunctionally stored post traumatic elements The book will be of great value to therapists who wish to extend their use of basic EMDR with easier clients to using it effectively with more complex clients

**Key Features** Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a hands on resource for using specific EMDR procedures Describes each intervention in detail illustrating the nuances and variations in different applications Includes specific AIP tools actual therapy scripts and client drawings Covers DSM V PTSD criteria

**EMDR Solutions** Robin Shapiro, 2018-11-23 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

**Handbook of EMDR and Family Therapy Processes** Francine Shapiro, Florence W. Kaslow, Louise Maxfield, 2007-02-02 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

EMDR Made Simple Jamie Marich, 2011 Eye Movement Desensitization and Reprocessing EMDR has established itself as an evidence based psychotherapy for the treatment of trauma and other related mental health disorders Despite the numerous studies touting EMDR's efficacy it is still largely regarded as too complicated to understand a major factor in why many who have been trained in EMDR no longer use it EMDR Made Simple 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding conceptualizing and ultimately implementing EMDR into clinical settings

The Trauma Treatment Handbook: Protocols Across the Spectrum Robin Shapiro, 2010-10-11 The ideal go to guide for new and seasoned clinicians alike The Trauma Treatment Handbook provides a unique and invaluable tool that untangles the complexities of assessing and treating traumatized patients and guides clients toward appropriate psychotherapeutic interventions Book Jacket

*EMDR Within a Phase Model of Trauma-Informed Treatment* Ricky Greenwald, 2012-02-27 A practical guide to learning and using EMDR Trauma is a potential source of most types of emotional or behavioral problems Extensive research has shown EMDR to be an effective and efficient trauma treatment EMDR Within a Phase Model of Trauma Informed Treatment offers mental health professionals an accessible plain language guide to this popular and successful method The book also introduces the Fairy Tale Model as a way to understand and remember the essential phases of treatment and the tasks in each phase This manual teaches a clear rationale and a systematic approach to trauma informed treatment including often neglected elements of treatment that are essential to preparing clients for EMDR

The reader is led step by step through the treatment process with scripted hands on exercises to learn each skill In addition to presenting the fundamental EMDR procedures EMDR Within a Phase Model of Trauma Informed Treatment teaches a treatment system that can be applied to a variety of cases Using research supported and proven effective methods this book takes you through the treatment process with easily understood dialogues and examples Explicitly guided exercises produce hands on skills and familiarize you with ways to explain trauma to clients and prepare them for EMDR You will also learn to problem solve challenging cases using the trauma framework EMDR Within a Phase Model of Trauma Informed Treatment also includes an Instructor s Manual with sample syllabus teaching tips PowerPoint slides test bank Additional discussions address why trauma matters posttraumatic symptoms the trauma wall the structure of trauma treatment the role of EMDR the eight phases of EMDR preparing clients for EMDR legal and medical issues in EMDR problem solving strategies in EMDR sessions treatment strategies for a variety of presenting problems using EMDR with children and adolescents use and application of the fairy tale model on line and digital resources Designed to be a comprehensive primer companion supplemental textbook and valuable reference resource EMDR Within a Phase Model of Trauma Informed Treatment is ideal for clinicians already trained in EMDR those actively learning EMDR and mental health professionals interested in EMDR Note that to practice EMDR requires formal supervised training The California Psychologist ,2000 **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 **Every Memory Deserves Respect**

Michael Baldwin, Deborah Korn, 2021-05-25 An introduction to EMDR a proven trauma therapy with the power to heal cowritten by a world renowned therapist and a patient who experienced transformative relief through EMDR therapy Trauma is a part of life You or someone you care about has probably experienced trauma whether big T trauma such as emotional physical or sexual abuse or the more common but no less significant little t trauma that can result from divorce job loss painful childhood experiences or any situation where you felt worthless afraid or powerless Untreated trauma can lead to long lasting effects such as depression anxiety PTSD and difficulties maintaining intimate relationships But the good news is that we can heal and it doesn't have to take a lifetime EMDR which stands for Eye Movement Desensitization and Reprocessing is a unique type of psychotherapy proven to help people recover from trauma and improve the quality of their lives Cowritten by a patient who experienced transformative relief from trauma through EMDR therapy and a world renowned psychologist who explains exactly how and why EMDR works Every Memory Deserves Respect provides clear information while offering inspiration and hope Through compelling science personal stories and powerful photographic images we learn how trauma is stored in the brain and body continuing to cause pain and suffering and how EMDR frees us by repatterning our thinking and emotional reactions It explains why talk therapy has only a limited impact on trauma recovery describes what to expect from gentle and targeted EMDR therapy and offers guidance on how to find a therapist who is just right for you EMDR with Children in the Play Therapy Room Ann Beckley-Forest, Annie Monaco, 2020-09-24 Maximizes treatment of childhood trauma by combining two powerful modalities This pioneering guidebook fully integrates the theoretical foundations and practical applications of play therapy and EMDR in order to maximize healing in children with trauma By highlighting the work of innovative EMDR therapists and play and expressive art therapists and their pioneering clinical work the authors provide a fully integrated approach to using EMDR in a play therapy context while being

faithful to both play therapy principles and the 8 phases of the EMDR standard protocol This book provides in depth discussions on how leading innovators integrate their modalities TraumaPlay sand tray art therapy Synergetic Play therapy Child centered and Developmental Play Therapy with EMDR and includes real life examples of assessment parent and child preparation developing emotional resources for reprocessing trauma using EMDR in play or expressive therapy and a comprehensive look at complications of dissociation in trauma processing and how to manage these Corresponding to the eight EMDR phases are twelve interventions comprised of a brief rationale step by step directions materials needed case examples and supporting visual materials Key Features Integrates EMDR and play therapy to create a powerful method for treating children suffering from trauma Includes contributions from dually credentialled EMDR clinicians and registered play therapists art therapists and sand tray practitioners Offers a fully integrated approach to EMDR and play therapy faithful to the eight phases of standard EMDR protocol and play therapy principles Includes a chapter on culturally sensitive EMDR and play using Latinx culture as the lens Describes how traditional play therapy creates an emotionally safe space for trauma work for children Provides hands on play therapy interventions for each EMDR phase in quick reference format Delivers multiple interventions with rationale step by step directions materials required case examples and visual aids Foreward by Ana Gomez leading author on the use of EMDR with children

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