



# **Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets: Treating Trauma- and Stressor- Related Conditions**

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EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. Using EMDR Therapy's standard procedures and protocols as its template, this book presents step-by-step scripts that enable new practitioners and seasoned EMDR clinicians, trainers, and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans while working with patients who have issues related to trauma- and stressor-related conditions. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. They reinforce the specific parts, sequence, and language used to create an effective outcome, and illustrate how clinicians are using this framework to work with a variety of therapeutic difficulties and modalities while maintaining the integrity of the Adaptive Information Processing (AIP) model.

This text covers the use of EMDR Therapy with such conditions as reactive attachment disorder, PTSD, acute stress disorder, and persistent complex bereavement disorder, as well as with traumatized patients with psychosis, trauma in emergency (911) telecommunicators, and compassion fatigue. Scripts and summary sheets simplify the gathering of information and ensure documentation in clients' charts in a consistent format. This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information.

### Key Features:

- Describes how to use EMDR Therapy based on its standard procedures and protocols
- Addresses working with issues related to patients with trauma- and stressor-related conditions such as reactive attachment disorder, PTSD, acute stress disorder, and persistent complex bereavement
- Provides step-by-step scripts that enable practitioners to enhance their expertise more quickly and assist consultants with consultation
- Describes the three-prong protocol and the 11-step procedure essential to EMDR practice
- Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information
- Emphasizes the importance of self-care for clinicians
- Available in print, ebook, and CD-ROM

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