

EMDR for Clinician Self-Care: Models, Scripted Protocols, and Summary Sheets for Mental Health Interventions (Eye Movement Desensitization and Reprocessing)

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In eBook Format!

Praise for Implementing *EMDR Early Mental Health Interventions for Man-Made and Natural Disasters*, from which this eBook is compiled:

"In this latest insightful volume gathered and edited by Marilyn Luber, the authors have combined the lessons learned with personal accounts of how they proceeded. There is still much to be done to integrate mental health care effectively into disaster response worldwide, but this volume will help to point the way to best practices."

-Robert Gelbach, PhD

Past Executive Director at EMDR Humanitarian Assistance Programs

EMDR Therapy is an integrative psychotherapy approach based on standard procedures and protocols. EMDR practitioners have been called upon, worldwide, to respond to traumatized populations in the aftermath of catastrophes both natural and manmade. As a result of working with these populations, therapists are often prone to vicarious traumatization, secondary stress disorder, and compassion fatigue. This eBook presents step-by-step scripts--using the standard procedures and protocols of EMDR therapy as their template--that enable psychotherapists to practice self-care while treating traumatized populations. 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.

The eBook delivers EMDR procedures and protocols gleaned from the responders to the massacre of schoolchildren in Newtown, CT; vicarious trauma experiences; and worst-case scenarios in recent trauma response, all with accompanying summary sheets.

Key Features:

- Provides concise, step-by-step EMDR scripts for practicing self-care when working with traumatized populations
- Includes concise summary sheets for quick information retrieval during perilous situations
- Presents scripts that retain the complete integrity of EMDR protocol

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