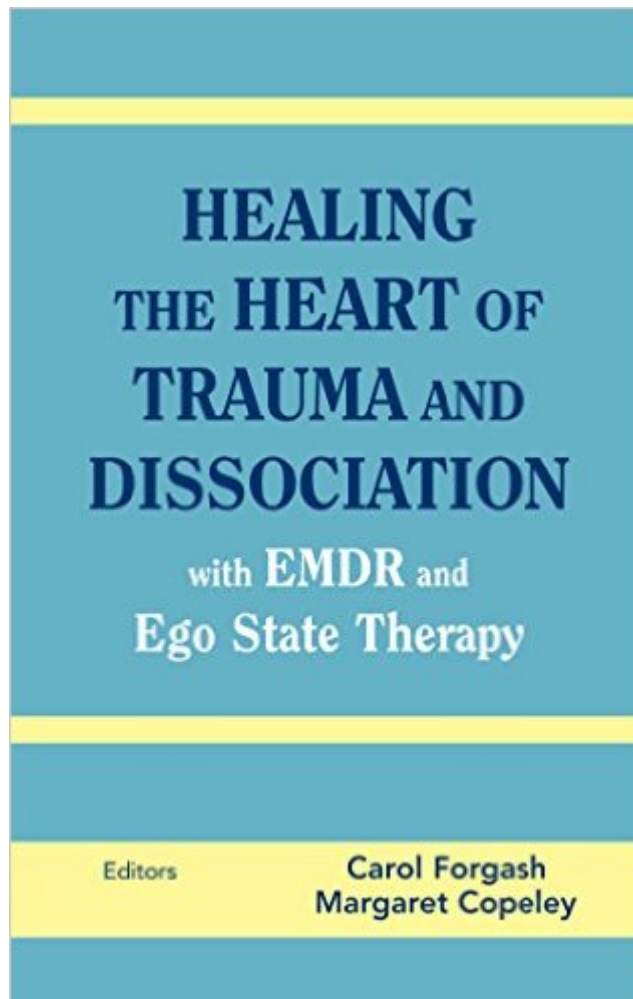


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# Healing The Heart Of Trauma And Dissociation With EMDR And Ego State Therapy



## Synopsis

"This read truly does have something for everyone who works with trauma and dissociative processes."--American Journal of Clinical Hypnosis

"This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation."--European Association for Body Psychotherapy

EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. "This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each." --From the foreword by John G. Watkins, PhD, founder of ego state therapy

"This read truly does have something for everyone who works with trauma and dissociative processes."--American Journal of Clinical Hypnosis

"The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from." --Mark Dworkin, author of EMDR and the Relational Imperative

"[This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma." --Sarah Chana Radcliffe, M.Ed.,C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice

"I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients." --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009

"This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library." --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center

"Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice. By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it

to the treatment of this important and sizeable clinical population." --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

## **Book Information**

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## **Customer Reviews**

Working with patients with complex PTSD and dissociation is a challenging endeavor. Trauma therapists need to continually find resources to broaden their clinical thinking and strategies. EMDR has been research proven as the best approach to trauma treatment. Yet there are survivors of relational trauma who have been so badly damaged by the cruelty of others that they need additional approaches as well. They suffer from inability to regulate their affect, their consciousness and self perceptions. Short on trust, these survivors need an even broader approach to their suffering. The editors have gathered many experts in the field who explain in clear

informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from. As a trauma therapist of 30 years I found myself enriched by the various ideas and strategies presented. The addition of ego state work in combination with EMDR treatment offers hope to therapists who have hard to reach patients.

Mental health professionals will really appreciate this informative text. Although it conveys complex concepts that will be of interest to seasoned therapists, it does so with a clarity that will appeal to the novice as well. Case examples, step by step protocols, research findings and comprehensive theoretical explanations deliver the information off the page and into the clinician's office. I bought this text because I practice both EMDR and Ego State Therapy but I have not yet seen a text that addresses both (although there are many books that cover each of these topics separately). I was not disappointed. Dissociation - a common symptom of trauma syndromes - is explained and addressed so that therapists can actually work with the phenomenon instead of pretending it doesn't exist! This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma (which means, any psychotherapist or counselor!). Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, *Raise Your Kids without Raising Your Voice*

I have recently taken EMDR I and am scheduled for EMDR II; I work in VA with a principal case load of pt's w/ PTSD. I find the EMDR process very helpful. This book helped alert me to issues and processes unique to combat veterans. I recommend it for anyone working w/ complex PTSD. This is not a book that would be useful without the training in EMDR unless it motivates you to get the training.

This was a truly terrific collaboration on the part of the editors and contributors. The population is very difficult to work with and most of the clients have been in the system for years struggling to find the right connection with the therapist who can help guide them to wellness. The book makes the assumption the reader has had training in some type of emotion and/or dialectical behavior training (to help stabilize emotion & tolerate distress), trauma training (like EMDR), and experience with dissociative disorders. The work is hard. Carol presents at EMDR conferences and is down-to-earth, dedicated to her craft. Therapists working with this demographic are exposed to a narrow sphere depending on what their clients have been through. The chapters in the book expose the reader to

other areas the reader may not have yet experienced and helps them to prepare for that eventuality. The editors/authors also encourage an eclectic approach (thinking outside the box, guys) that may help clients to have relief faster than using of just one type of intervention (i.e. use of ego states along with EMDR). Makes you think, ahhhhhh-- can I get back in touch with the folks I used to work with and have a do over?

Working with clients who have big trauma, especially when it's complex big trauma has always been a challenge. Even with the power of EMDR it's definitely difficult work when there's a risk that clients might dissociate and then remain stuck in a dissociated state. This book deals with that risk and discusses ways that the therapist can help the client avoid getting stuck. This book takes a very thorough look at Ego State Therapy, dissociation, advanced EMDR techniques, hypnosis, and ways of combining all these into a more secure and powerful way to support these clients. It's a wonderful read and has become a reference book for me in my practice. I highly recommend this book for the practicing therapist.

I'm an average individual who's recovering from a severe dissociative disorder and I found this book extremely helpful to identify the key mistakes made by my therapist and to approach EMDR therapy in a more specific way to treat dissociation caused by the trauma. I've been doing research on this subject to heal my self and I'm so glad to say that this book gave me a closure.. My heartfelt gratitude towards the authors of the book..Thil

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