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Nota di contenuto	Cover; Title; Copyright; Contents; Preface; Nancy's Story; John's Story; Our Story; Acknowledgements; Introduction; Scope of the Problem; How to Use this Book; ShareTreating Addictions with EMDR Therapy and the Stages of Change; Part I: Research Foundations and Theory; Introduction; Chapter 1: Eye Movement Desensitization and Reprocessing Therapy; EMDR Therapy Development; What is EMDR Therapy?; EMDR Therapy: What it is Not; Eight-Phase Model; EMDR Therapy Protocols; Addiction-Specific Protocols; Summary; Learning Points; Chapter 2: Addictions; Definitions; Models of Addiction The Trauma ConnectionSubstance Use Addictions; Personality Change; Prevalence Rate; Brain Differences and Genetics; Co-Occurring Disorders; Trauma; Behavioral/Process Addictions; Summary; Learning Points; Chapter 3: The Stages of Change; Historical Development; Overview of the Theory; Exploration of the Stages of Change; Case Vignette; Summary; Learning Points; Chapter 4: Trauma; Definitions of Trauma; The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5); Summary Learning PointsChapter 5: Assessment of Addictions and Trauma; What is Assessment?; Establishment of Rapport (Relationship Building); Issues Pertinent to the Assessment Process; Alcohol and Other Drug Assessment; Assessment of Other Addictive Disorders; Assessment of

Trauma; Summary; Learning Points; Part II: Clinical Implications and Practical Interventions; Introduction; The Scope of the Issue; Therapist Avoidance; What Kind of Therapist Works Well with Addiction?; Confrontation-The Old Approach; A Newer Approach-Offering the Client a Choice; A Note About Family Involvement A Note About Harm ReductionSummary; Learning Points; Chapter 6: The Stage of Precontemplation; The Work of this Stage of Precontemplation; Traditional Interventions at This Stage; What if the Client Says "No"?; EMDR Therapy Interventions; Case Vignettes; Case Vignette 1; Case Vignette 2; Case Vignette 3; Summary; Learning Points; Chapter 7: The Stage of Contemplation; The Work in this Stage; Ambivalence; The Goal of this Stage; Traditional Interventions; EMDR Therapy; Safe/Calm Place; Resource Development Installation; Affect Tolerance; Two-Handed Interweave Desensitization of Triggers and Urge Reprocessing Protocol Positive Treatment GoalA Note About Countertransference; Case Vignette 1; Case Vignette 2; Case Vignette 3; Summary; Learning Points; Chapter 8: The Stage of Preparation/Determination; The Work at this Stage of Preparation; Treatment Options and Considerations; Ego Systems Work; EMDR Therapy; Case Vignette 1; Case Vignette 2; Case Vignette 3; Summary; Learning Points; Chapter 9: The Stage of Action; The Work at this Stage of Action; What is Relapse Prevention?; Traditional Interventions; EMDR Therapy; Case Vignettes; Case Vignette 1 Case Vignette 2

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#### Sommario/riassunto

Mental health practitioners must be prepared to treat addiction-related issues-affecting up to 50% of mental health clients-whether or not clients present with addiction as a primary concern. This practical roadmap to the treatment of addictions advocates an underutilized-yet highly effective-method of intervention: eye movement desensitization and reprocessing (EMDR) therapy. It is the first book to integrate the Stages of Change Model with EMDR's phases for successful treatment outcome. The book addresses the scope of problems relating to addiction, including relevant statistics and descript

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