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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	; Foreword; Back History; References; Preface; Tuning into the Creative Force; Who Could Benefit from Reading this Primer?; What is Included; Purpose of the Primer; EMDR Therapy; Notes From the Author; Contributing Editors; Acknowledgments; Share An EMDR Therapy Primer: From Practicum to Practice, Second Edition; Chapter 1: EMDR Therapy Overview; Reintroduction to EMDR Therapy; Trauma; What Is Trauma?; Types of Trauma; Adaptive Information Processing-"The Past Drives the Present"; Model, Methodology, and Mechanism of EMDR Therapy; Model-How? Methodology-How/What?Mechanism-Why?; Three-Pronged Approach; Past, Present, Future; Three-Pronged Targets-Experiential Contributors to Present-Day Problems; The Importance of Past, Present, and Future in EMDR Therapy; Targeting Possibilities; Targets May Arise in Any Part of the EMDR Therapy Process; Types of EMDR Targets; Targets From the Past; Targets From the Present; Targets From the Future; Other Potential Targets; Bilateral Stimulation (BLS); What Does It Do?; Preferred Means of Bilateral Stimulation (BLS); Shorter or Longer? Slower or Faster?; Continuous Bilateral Stimulation (BLS) How to Do Eye MovementsIs Bilateral Stimulation (BLS) EMDR Therapy?; Important Concepts to Consider; Memory Network Associations; Stop Signal; EMDR Therapy Is Not Hypnosis; What Once Was Adaptive Becomes Maladaptive; Developing and Enhancing Adaptive Networks of

Association; State vs. Trait Change; Dual Awareness-Internal/External Balance; Ecological Validity (i.e., Soundness); Side Benefits of EMDR Therapy; Holistic Nature of the Approach; Useful Metaphors; Train Metaphor; Tunnel Metaphor; Ancillary Targets; Secondary Gains; Blocking Beliefs

Subjective Units of Disturbance (SUD) and the Emergence of Blocking Beliefs; Validity of Cognition (VoC) and the Emergence of Blocking Beliefs; Body Scan and the Emergence of Blocking Beliefs; Feeder Memories; To Intervene or Not to Intervene; EMD vs. EMDR Therapy; Assessment Phase; Desensitization Phase; Practical Tips to Remember; Practice, Practice, Practice; Follow the Script Verbatim; Know Your Client; Stay Off the Tracks; Tracking the Client; Keep It Simple; Power of Now; One More Time; Solo Run; Summary Statements; Chapter 2: Eight Phases of EMDR Therapy

Phase 1: Client History and Treatment Planning; Informed Consent and Suitability for Treatment; Client Selection Criteria; Client's Suitability and Readiness for EMDR Therapy; Screening for Dissociative Disorders; Client Willingness to Do EMDR Therapy; Assessment; Treatment Planning in EMDR Therapy; Elements Pertinent to EMDR Therapy; Candidates for EMDR Therapy; Phase 2: Preparation; Setting the Stage for Effective Reprocessing; Calm (Safe) Place-Stabilization and Assessment; Resource Development and Installation (RDI), Dissociation, and Ego State Therapy; Container
Addressing the Client's Fears and Expectations
