



A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants, Second Edition

By Andrew M., PhD Leeds

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Praise for the First Edition:

" This is an excellent guide to the theory and practice of EMDR. It provides great clarity to readers unsure of how this therapy is conducted. If you want to know about EMDR, this is the book to have."

-Score: 100, 5 starsóDoody's

This second edition of an acclaimed guide to the theory and practice of EMDR provides updated information regarding new evidence for its treatment efficacy and an in-depth presentation of state-of-the-art research on its mechanisms of action. The book reviews outcome studies suggesting EMDR's effectiveness for diagnoses beyond PTSD along with studies on its use for treatment of depression, with cancer patients, and with groups. It surveys new strategies on advanced EMDR therapy topics such as when treating dissociative and personality disorders, along with references for more in-depth information. The second edition also provides an expanded glossary and extensively updated references, and reflects changes corresponding to the DSM 5.

The book delivers clear, concise treatment guidelines for students, practicing clinicians, supervisors, clinic directors, and hospital administrators involved in the treatment of those with PTSD, Specific Phobias, and Panic Disorder. For researchers conducting treatment outcome studies it provides easy-to-access treatment guidelines and a comprehensive set of fidelity checklists for all aspects of EMDR therapy. A multitude of new charts, forms, scripts, illustrations, tables and decision trees present key information clearly and concisely to guide treatment planning and documentation. Case studies with transcripts illustrate the different protocols and further guide practitioners of EMDR therapy in informed decision-making.

New to the Second Edition:

- Describes updated information on mechanisms of action of EMDR therapy
- Presents new evidence-based EMDR therapy
- Delivers outcome studies for the use of EMDR with a broad range of diagnoses
- Surveys new research about using EMDR with cancer patients and those with severe depression
- Discusses the evolution of the theory of memory networks in EMDR therapy
- Examines the effectiveness of Bilateral Stimulation on adaptive memories and images
- Reflects changes resulting from DSM 5
- Includes extensively updated and expanded references and glossary
- Provides new charts, forms, scripts, illustrations, decision trees and case studies illustrating different protocols

Key Features:

- Presents an easy-to-use set of forms and scripts
- Focuses on safety and efficiency of EMDR therapy in many situations
- Expands AIP model regarding using EMDR to resolve psychological defenses
- Discusses ethical issues in clinical application, consultation, supervision, and research

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- Sales Rank: #197302 in eBooks
- Published on: 2016-02-03
- Released on: 2016-02-03
- Format: Kindle eBook

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Editorial Review

About the Author

Andrew M. Leeds, PhD

, is a California-licensed psychologist and marriage and family therapist with 40 years of experience in the private practice of psychotherapy. He practices in Santa Rosa, CA. He is the director of training for Sonoma Psychotherapy Training Institute, which offers basic and advanced training programs in Eye Movement Desensitization and Reprocessing (EMDR) therapy. Dr. Leeds received his BA in psychology with honors in 1972 from the University of California at Santa Cruz, an MA in clinical psychology in 1974 from Goddard College, and his PhD in clinical psychology in 1983 from International College. After early training in gestalt and somatic psychotherapies, Dr. Leeds served a 2-year internship as program coordinator for an alcohol abuse treatment program in Santa Cruz and received his license as a marriage and family therapist before going on to obtain his doctorate. During his doctoral program, he studied cognitive behavioral therapy, Ericksonian hypnosis, and self-psychology. Dr. Leeds received his initial EMDR therapy training in 1991 and became an EMDR therapy training supervisor that same year. In 1993, he became an EMDR therapy trainer. He has conducted basic EMDR therapy trainings for 15,000 clinicians at 140 training programs in the United States, Canada, France, England, and Japan. He has presented papers on EMDR therapy for regional, national, and international conferences. He is the author of a book, book chapters, and journal articles on EMDR therapy. He served for 2 years on the Standards and Training Committee of the EMDR International Association (EMDRIA) and for 3 years as an elected member of the EMDRIA Board of Directors. He presently serves as a member of the Editorial Advisory Board of the

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and, in 2013, was the guest editor for volume 7, issue number 3. He is an EMDRIA-Approved Consultant providing consultation to EMDR therapy clinicians around the world. Dr. Leeds contributed to the evolution of EMDR by articulating, publishing, and teaching the EMDR procedure that he named

Resource Development and Installation

(RDI). In 1999, he received an EMDRIA award for creative innovation in the development of EMDR as well as the Ronald A. Martinez PhD Memorial Award. In 2013, he received the Francine Shapiro award from EMDRIA.

Users Review

From reader reviews:

Catherine Browning:

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Emmanuel Young:

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Jesus Brewster:

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