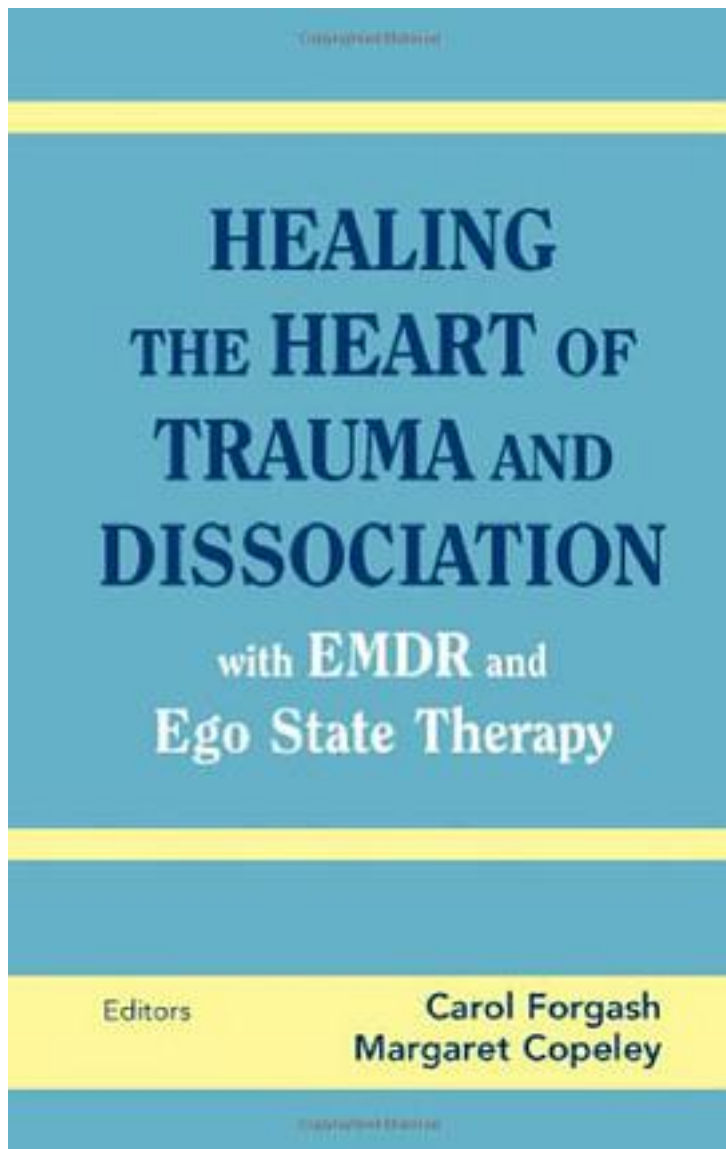


Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy



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"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 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.

作者介绍:

Carol Forgash is a psychotherapist in private practice in Smithtown, New York, specializing in EMDR and ego state therapy. She is an EMDR Institute facilitator and an EMDRIA Approved Consultant. She presents at psychotherapy conferences and at workshops in the United States and internationally on the integration of EMDR with ego state therapy and psychodynamic treatment, the treatment of complex posttraumatic stress and dissociative disorders, and the treatment of the complex health issues of sexual abuse survivors. She is the board president of EMDR Humanitarian Assistance Programs.

Margaret Copeley is a freelance editor specializing in the mental health fields.

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