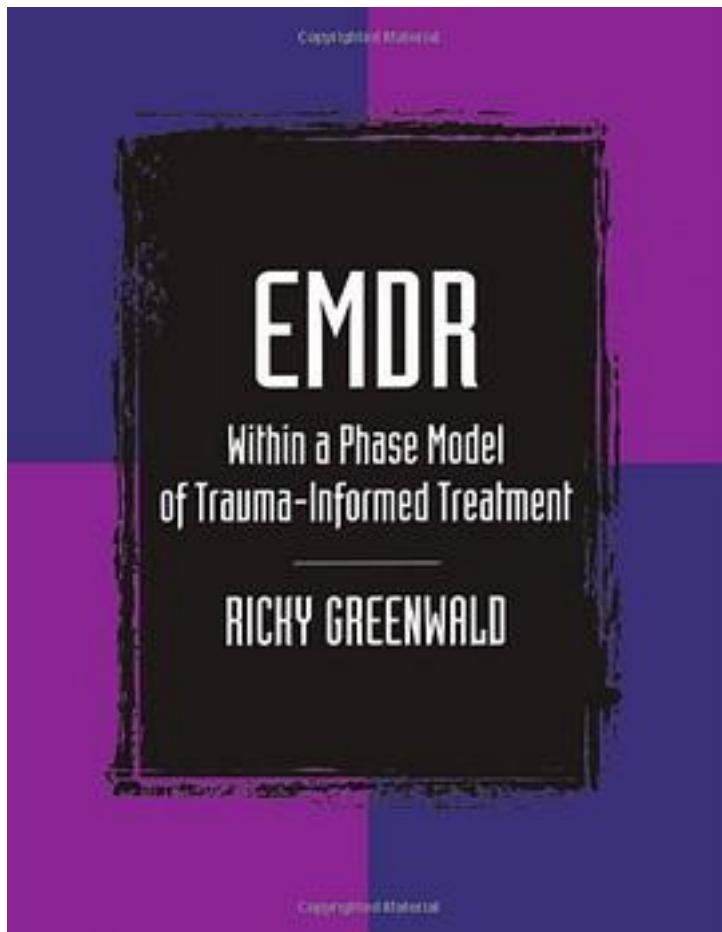


# EMDR within a Phase Model of Trauma-informed Treatment



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出版者:

出版时间:2007-8

装帧:

isbn:9780789032164

This is a practical guide to learning and using EMDR. Trauma is a potential source of most types of emotional or behavioral problems. Extensive research has shown EMDR

to be an effective and efficient trauma treatment. "EMDR Within a Phase Model of Trauma-Informed Treatment" offers mental health professionals an accessible plain-language guide to this popular and successful method. The book also introduces the Fairy Tale Model as a way to understand and remember the essential phases of treatment and the tasks in each phase. This manual teaches a clear rationale and a systematic approach to trauma-informed treatment, including often-neglected elements of treatment that are essential to preparing clients for EMDR. The reader is led step by step through the treatment process, with scripted hands-on exercises to learn each skill. In addition to presenting the fundamental EMDR procedures, "EMDR Within a Phase Model of Trauma-Informed Treatment" teaches a treatment system that can be applied to a variety of cases. Using research-supported and proven-effective methods, this book takes you through the treatment process with easily-understood dialogues and examples. Explicitly guided exercises produce hands-on skills and familiarize you with ways to explain trauma to clients and prepare them for EMDR. You will also learn to problem-solve challenging cases using the trauma framework. "EMDR Within a Phase Model of Trauma-Informed Treatment" also includes an Instructor's Manual with: sample syllabus teaching tips PowerPoint slides test bank. Additional discussions address: why trauma matters; post traumatic symptoms; the trauma wall; the structure of trauma treatment; the role of EMDR; the eight phases of EMDR; preparing clients for EMDR; legal and medical issues in EMDR; problem solving strategies in EMDR sessions; treatment strategies for a variety of presenting problems; using EMDR with children and adolescents; use and application of the fairy tale model; and on-line and digital resources. Designed to be a comprehensive primer, companion/supplemental textbook, and valuable reference resource, "EMDR Within a Phase Model of Trauma-Informed Treatment" is ideal for clinicians already trained in EMDR, those actively learning EMDR, and mental health professionals interested in EMDR. Note that to practice EMDR requires formal supervised training.

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目录:

[EMDR within a Phase Model of Trauma-informed Treatment](#) [下载链接1](#)

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