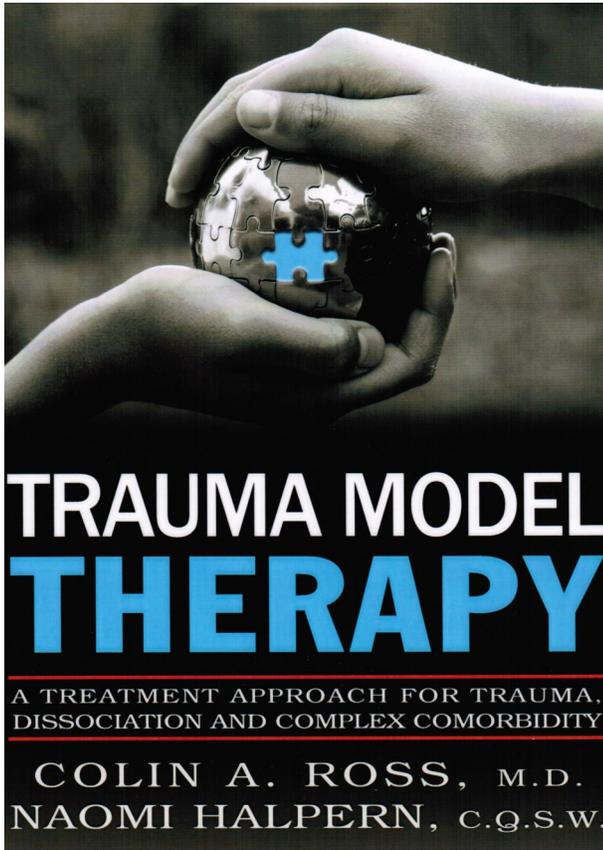




# EMDR

ADVANCED TRAINING & DISTANCE LEARNING

## Distance Learning Book Course



**This manual provides concrete, practical skills on the 'how to' of trauma model therapy and provides hands-on techniques, strategies and interventions in two ways: through description and discussion and through transcripts of therapy conversations.**

*Trauma Model Therapy (TMT)* is a practical, easy-to-read, hands-on treatment manual. The treatment is based on Dr. Ross' Trauma Model, which is a detailed, scientifically testable model of the relationship between psychological trauma and a wide range of mental disorders and addictions. TMT was designed for the client with severe childhood trauma and numerous comorbid disorders but can readily be adapted for individuals with less severe trauma and mental health problems. The treatment involves a blend of cognitive, systems, experiential, psychodynamic and other approaches and is especially useful in the History, Preparation and Assessment stages of EMDR Therapy. The core elements of TMT are: the problem of attachment to the perpetrator; the locus of

control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle.

*Trauma Model Therapy* includes a number of different measures of dissociation that can be used without any additional permission: these supplement the guidance provided on how to conduct a clinical inquiry about trauma and dissociation. Throughout the book, the emphasis is on case examples, and therapist-client dialogues that illustrate different treatment techniques and strategies. Having completed the book, the reader will have many new strategies tools in his or her toolbox. Although Trauma Model Therapy was written primarily for therapists, it can also be read by trauma survivors and their loved ones.

### Key Features:

- numerous case examples and treatment techniques
- therapist-client dialogues to illustrate techniques and strategies
- copies of measures for trauma and dissociation
- treatment outcome data
- an integrated model of mental disorders and addictions
- a blend of cognitive, systems, experiential and psychodynamic techniques
- practical, step-by-step guidance on how to ask about trauma and dissociation

## ABOUT THE AUTHOR:



**Colin A. Ross, MD** received his M.D. from the University of Alberta in 1981 and completed his psychiatry training at the University of Manitoba in 1985. He has been running a Trauma Program in the Dallas, Texas area since 1991 and consults to

two other Trauma Programs, one at Forest View Hospital in Grand Rapids, Michigan and one at Del Amo Hospital in Torrance, California. His Texas Trauma Program moved to UBH Denton in September, 2015. Dr. Ross is the author of 28 books and 190 professional papers and is a Past President of the International Society for the Study of Trauma and Dissociation. Dr. Ross has spoken widely throughout North America and in Europe, China, Malaysia, Australia and New Zealand.

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*"This is a straightforward, very accessible book that covers in detail the theory, assessment, and treatment of severe dissociative disorders. The authors have spent many years studying and working with the effects of trauma, and it shows. Refreshingly devoid of unnecessary jargon, and relentlessly demystifying. Highly recommended!"*

*- John Briere, Ph.D; University of Southern California*

*"[This book] is a much-needed addition to the professional literature that is also accessible to the lay reader. Authors Ross and Halpern give cogent descriptions of dissociation, dissociative processes, and dissociative disorders and place them in the context of a trauma model. In addition to the practical discussion of the principles of treatment, specific techniques are presented in detail. It is this description of techniques with transcripts that sets this book apart. By studying this section and applying the techniques, practitioners will learn a great deal about how to approach and work with clients who dissociate. A very practical resource that I highly recommend."*

*- Christine A. Courtois, PhD ; Christine A. Courtois, PhD & Associates, Washington, DC;*

*Co-Editor: Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide; Author: Healing the Incest Wound: Adult Survivors in Therapy; Recollections of Sexual Abuse: Treatment Principles and Guidelines*

**Available at [www.EMDRadvancedtrainings.com](http://www.EMDRadvancedtrainings.com)**