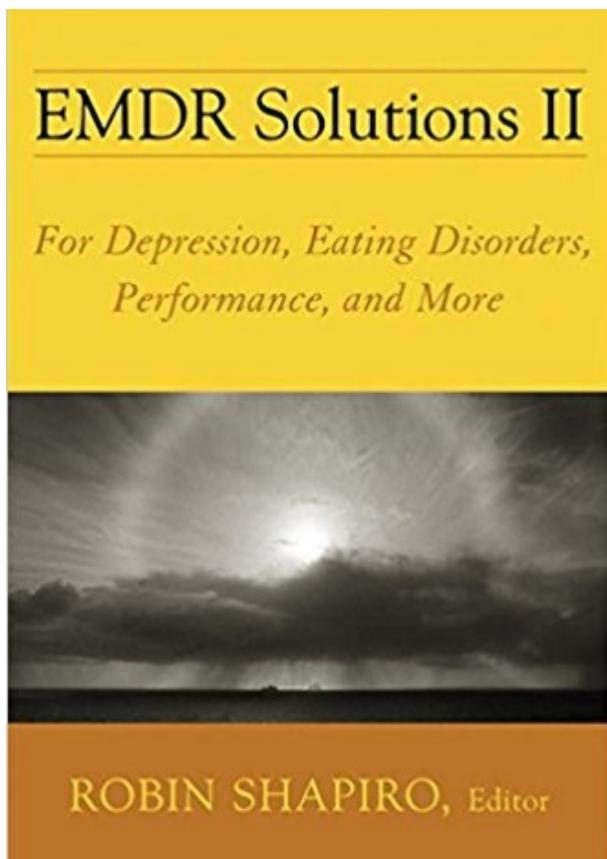




## Distance Learning Book Course



This edited collection—a follow-up to Shapiro's successful *EMDR Solutions*—presents step-by-step instructions for implementing EMDR approaches to treat a range of issues, written by leading EMDR practitioners. The how-to approach, mixed with ample clinical wisdom, will help clinicians excel when using EMDR to treat their clients.

The book opens with multiple chapters exploring how to make optimal use of EMDR in the treatment of depression. Subsequent chapters present EMDR as an effective tool for addressing a wide variety of key clinical concerns, including eating disorders, performance anxiety and enhancement, complex trauma, and medically-based trauma. Concluding chapters present innovative and creative EMDR-based solutions for working with two very different populations: sex offenders, and religious or spiritual clients.

As EMDR matures, clinicians are using it to address the trauma at the heart of nearly every emotional or behavioral condition. This book contains a broad sample of creative solutions to many clinical conundrums. Covering a breadth of issues without sacrificing depth, *EMDR Solutions II* is an invaluable and practical resource for the EMDR practitioner.

### Key Features:

- User-friendly, well-edited, and easy-to-use interventions
- Explanation, research, and treatment of several aspects of depression
- 7 chapters on eating disorders, from the whys and neurobiology to treating bulimia, body dysmorphia, and underlying infant and childhood trauma and dissociation
- Positive ways to use EMDR from Grand's performance protocols to Ann Marie McKelvey's positive psychology and coaching chapters
- Complex trauma addressed by two Katie O'Shea chapters: preparation methods and Early Trauma Protocol; the Paulsen/Lanius chapter; Massiah's direct targeting of intrusive images; and Shapiro's working with OCPD
- Medically-based trauma is addressed directly by Shapiro's chapter and Katherine Davis's treating birth-related PTSD
- Multiple chemical sensitivities have a cure in Shapiro's chapter
- Ricci and Clayton show how to work with sex offenders
- And we end with religion and spiritually-attuned clients by Martha Jacobi

## ABOUT THE AUTHOR:



**Robin Shapiro, LICSW**, has been an EMDR practitioner for over 24 years. She is the editor and an author in two *EMDR Solutions* books, *The Trauma Treatment Handbook*, and *Easy Ego State Interventions*. In her books, lectures, clinical consultations, and workshops,

Robin strives for plain language, easy-to-grasp concepts, and maximum usability for her readers, students, and consultees. As a frequent speaker at conferences and free-standing workshops in North America and Europe, she teaches about the treatment of trauma, dissociation, depression, attachment issues, bringing sexual abuse survivors to a happy, healthy sex life, and suicide prevention. She provides clinical consultation to groups and individuals in Seattle, and long distance, across the U.S., Canada, and Europe. Since her professional beginnings in the 1980s, the awareness of culture, ethnicity, class, gender, and sexual identity have been themes in all of Robin's work. She's currently writing *How to Do Psychotherapy*.

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*"Robin Shapiro has assembled an impressive group of experienced EMDR practitioners who combine creative ideas with their solid understanding of EMDR to offer guidance to therapists working with diverse client populations. EMDR Solutions II provides therapists with a wealth of practical information and techniques. It is a welcome addition to the EMDR literature."*

*- Laurel Parnell, PhD, author of several EMDR books, creator of attachment-savvy EMDR trainings*

*"Robin Shapiro's second book is even better than her first, because it covers much more ground. Seasoned EMDR clinicians have contributed chapters strong in theory, practical techniques, and case examples which illuminate the use of EMDR. There is an emphasis on creative, yet practical, solutions that will enable EMDR clinicians to provide comprehensive treatment to clients with diagnoses such as eating disorders, complex trauma, sexual offenses, and attachment issues."*

*- Carol Forgash, LCSW, BCD, former president of the board of HAP, coauthor of Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*

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