



# EMDR

ADVANCED TRAINING & DISTANCE LEARNING

## Distance Learning Book Course

### EMDR Solutions

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*Pathways to Healing*



ROBIN SHAPIRO, Editor

**Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations.**

In *EMDR Solutions* you will find fifteen exemplary EMDR solutions, each of which develops the Standard Protocol in creative and highly effective ways. These solutions move EMDR forward and expand the application of this powerful therapeutic approach. In this source book of therapeutic strategy and clinical insight, each chapter presents step-by-step instructions for implementing a particular EMDR solution with clients. Each intervention is enriched with relevant case histories that bring to life new targets for

and variations on the standard EMDR protocol. Concrete and specific, the clinical work illustrated here will add to your fund of knowledge and broaden your practice.

### Key Features:

- Practical and User-Friendly
- Variety of EMDR client populations including Pain, Anxiety, Mental Disability, Couples, Children, Addicts, Dissociative Disorders, and Procrastinators
- Kitchur's Strategic Developmental Model for EMDR which teaches great history-taking and developmental targeting that is perfect for clients with complex trauma and attachment issues
- Robin Shapiro's Two-Hand Interweave, which helps clients differentiate between choices, safe-present and scary-past, past abusers and current nice people, and dysfunctional ego states vs. functional adult parts who ought to be running the current life
- Roy Kiessling's lovely and fun Resource Development Strategies

## 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 maintains that there is still plenty to say about EMDR and this book proves her right. The abundance of riches offered here will be of enormous value in deepening the clinical work of therapists trained in this method. The creative clinicians who have contributed to this volume delineate in detail their innovative approaches to wide range of problems and demonstrate how their strategies fit into traditional EMDR methodology. Clinical vignettes bring the descriptions to life. This inspiring and practical collection is essential reading for EMDR therapists!" - April Steele, EMDRIA-Approved Consultant and Credit Provider and author of Developing a Secure Self: Working with Attachment in Adults for EMDR Therapists*

*"The seasoned professionals contributing to EMDR Solutions have developed creative, respectful, and theory-based solutions to meet the challenges presented by perplexing and complicated clients. After reading this book from cover to cover, I feel both validated and inspired. I recommend that you read this book whether you're an 'old-timer' like me or a relative newcomer to the EMDR field. The practical steps outlined in every chapter plus the many case scenarios are tremendous resource for all of us." - Judith Boel, Past president of EMDR Humanitarian Assistance Program, and retired EMDR Basic trainer*

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