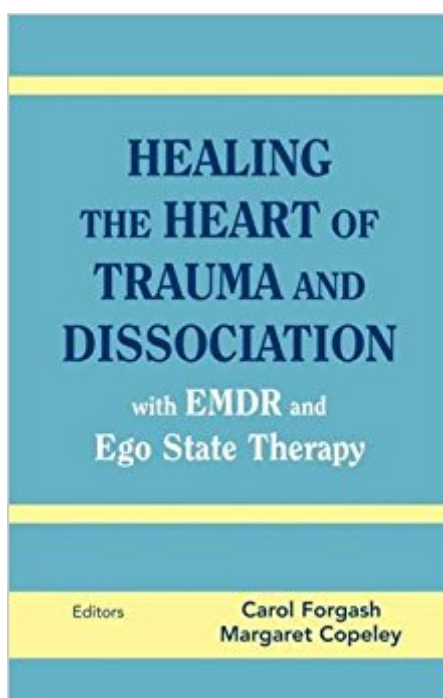


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# Healing The Heart Of Trauma And Dissociation With EMDR And Ego State Therapy



## Synopsis

This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation. --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. 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 read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from." --Mark Dworkin, author of EMDR and the Relational Imperative [This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma. --Sarah Chana Radcliffe, M.Ed.,C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice "I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients." --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009

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.

## **Book Information**

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## **Customer Reviews**

"...an invaluable resource for all clinicians who work and grapple with the treatment complexities of dissociative and complex adaptation to chronic and extreme trauma." -- --Martin Dorahy, PhD, Clinical Psychologist, Trauma Resource Centre, Belfast, Northern Ireland"...this book [provides] a model for productively applying [EMDR] to the treatment of this important and sizeable clinical population [with cases of trauma and dissociation]." -- Steven N Gold, PhD, President Elect, APA Division of Trauma Psychology (56)

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Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. ""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 read truly does have something for everyone who works with trauma and dissociative processes."" --American Journal of Clinical Hypnosis" ""The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from." " --Mark Dworkin, author of EMDR and the Relational Imperative ""[This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma."" --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice " ""I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients." " --Sara G. Gilman, in "Journal of EMDR Practice and Research, Volume 3, 2009" ""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. "

great book

Working with clients who have big trauma, especially when it's complex big trauma has always been a challenge. Even with the power of EMDR it's definitely difficult work when there's a risk that clients might dissociate and then remain stuck in a dissociated state. This book deals with that risk and discusses ways that the therapist can help the client avoid getting stuck. This book takes a very thorough look at Ego State Therapy, dissociation, advanced EMDR techniques, hypnosis, and ways of combining all these into a more secure and powerful way to support these clients. It's a wonderful read and has become a reference book for me in my practice. I highly recommend this book for the practicing therapist.

I have recently taken EMDR I and am scheduled for EMDR II; I work in VA with a principal case load of pt's w/ PTSD. I find the EMDR process very helpful. This book helped alert me to issues and processes unique to combat veterans. I recommend it for anyone working w/ complex PTSD. This is not a book that would be useful without the training in EMDR unless it motivates you to get the training.

Mental health professionals will really appreciate this informative text. Although it conveys complex concepts that will be of interest to seasoned therapists, it does so with a clarity that will appeal to the novice as well. Case examples, step by step protocols, research findings and comprehensive theoretical explanations deliver the information off the page and into the clinician's office. I bought this text because I practice both EMDR and Ego State Therapy but I have not yet seen a text that addresses both (although there are many books that cover each of these topics separately). I was not disappointed. Dissociation - a common symptom of trauma syndromes - is explained and addressed so that therapists can actually work with the phenomenon instead of pretending it doesn't exist! This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma (which means, any psychotherapist or counselor!). Sarah Chana Radcliffe, M.Ed., C.Psych. Assoc. Author, Raise Your Kids without Raising Your Voice

Good review of information already out there.

This is such an important melding of various theories, done with essays by practitioners. Highly recommended for anyone working in the trauma field.

Useful for those using EMDR and working with a dissociative population. It is clearly written and addresses both theory and practice.

A wonderful guide, created by a master clinician (Carol Forgash) and others, this would be one of the therapy books I would save in a fire. I began treating trauma as a beginning therapist many years ago. The tools available to me at my early levels of training were guided imagery (before I obtained training in hypnosis) and clinical intuition: I treated the inner parts phenomenologically and interpersonally as if they were "real" persons, and go about healing the relationships within. Later I obtained training in hypnosis and found that using the "nested regression" technique taught by Steve Lankton and Carol Hicks, that I could help the client revisit those traumatic experiences which may have given rise to fragmentation. In those days there was a dogma that anyone with DID (or MPD, as it was called) had to have been subjected to repeated, terrifying trauma. I found there were cases where this just did not seem to hold. Then I learned EMDR and Ego State Therapy, and using the same techniques was able to synthesize a reasonably flexible approach to treating dissociation and Attachment theory explained fragmentation in other cases. I include the above, because I imagine that many experienced clinicians evolved in a similar manner in their treatment of this complex diagnosis. However, I did not really put it all together until I took a weeklong workshop taught by Carol Forgash. Many of the principles and techniques found in this book, caused me to say "Aha! But of course, I really knew that!" as do many parts of this book. I expect others will find the same is true for them, and yet other parts were really unknown to me, as they were outside of my breadth of knowledge but not interest, such as the neurobiology of DID and treatment. (Dan Siegel/Alan Schore fans will appreciate these sections!) In summary, this small volume presents new information in a digestible form, reviews old information and experience in an integrative way (putting it all together coherently) and is an accessible reference which retains its usefulness for many years. Many important details of the treatment protocol are reviewed and included explicitly, which it behooves one to keep in mind. I would hope that anyone truly interested in the field would attend one of Carol's workshops, after becoming acquainted with the book. It will be a truly rewarding experience. (No she does not pay me!) I hope you find the book as rich and fascinating a resource as I do and wish you the best in treating these often challenging clients and rewarding clients. Paul Emmett, LCSW Past President - New Orleans Society of Clinical Hypnosis

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