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Howard Lipke (Author)

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Book Description Initially regarded as one of the most peculiar methods of psychotherapy ever devised, EMDR (eye movement desensitization and reprocessing) was introduced to psychotherapists 11 years

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ago when Dr. Francine
Shapiro reported
demonstrable rapidly
effective treatment results.

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This model advances the integration of EMDR theory and practice with dynamic, behavioral and humanistic methods, as well as with previous prominent integrative models.

Recognizing the

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commonalities in human healing/growth traditions, the text also offers therapeutic suggestions for use of EMDR that rely on the wisdom of previously established psychotherapies as well as that of religion

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and philosophy.

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An early endorsement by the
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...

to integrate Shapiro's

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theory on how dysfunctional
memory can be repro-cessed,
provides the clinical
findings on EMDR, and
discusses the theory and
findings of the broad range
of other approaches to
psychotherapy. This model

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also provides guidelines for
practitioners in the use of
EMDR. In

EMDR and Psychotherapy Integration

EMDR as an Integrative
Psychotherapy Approach.

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Written for clinicians, each chapter contains insights on EMDR from leaders from a variety of paradigms.

Introductory chapters by Dr. Shapiro include case examples and client transcripts to demonstrate

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EMDR and how the information processing model is used for case conceptualization.

Chapters by leading

spokespersons of all major schools of psychotherapy

describe how EMDR meshes

with their approaches and

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offer specific techniques to
enhance the . . .

EMDR as an Integrative

Psychotherapy Approach –

EMDR . . .

Theory Shapiro developed an
information processing

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theory 1,2,3 to explain and predict the treatment effects seen with EMDR therapy. This theoretical model also describes the development of personality, psychological problems and mental disorders. The

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Following is a simplified
description of Shapiro's
theory.

**Theory – EMDR Institute –
EYE MOVEMENT DESENSITIZATION
AND ...**

In EMDR as an Integrative

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Psychotherapy Approach, EMDR
originator Francine Shapiro
explores the latest
developments and theoretical
perspectives on, and
clinical implications of,
this complex psychotherapy
approach originally

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developed to treat
posttraumatic stress
disorder. Leading
spokespersons of all major
schools of psychotherapy
explore how EMDR meshes with
their approaches,
identifying ...

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Lipke's integrative model of psychotherapy is a very helpful framework from which to make sense of EMDR and of

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psychotherapy in general. He proposes that therapy is based on a Four Activity Model (FAM): accessing current information, introducing new information, facilitating information processing, and inhibition

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of information processing.

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MOVEMENT DESENSITIZATION AND**

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Eye Movement Desensitization and Reprocessing (EMDR) is a non-invasive, evidence-based method of psychotherapy that helps victims recover from the effects of psychological trauma through adaptive

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information processing. And

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What is EMDR? | Trauma

Recovery

Eye Movement Desensitization

and Reprocessing (EMDR) is a

psychotherapy treatment that

was originally designed to

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alleviate the distress associated with traumatic memories (Shapiro, 1989a, 1989b). Shapiro's (2001)

Adaptive Information Processing model posits that EMDR therapy facilitates the accessing and processing of

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traumatic memories and . . .

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**EMDR: The Breakthrough
Therapy in Overcoming**

Anxiety ...

EMDR (Eye Movement
Desensitization and
Reprocessing) is a

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psychotherapy that enables
people to heal from the
symptoms and emotional
distress that are the result
of disturbing life
experiences. Repeated
studies show that by using
EMDR therapy people can

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experience the benefits of
psychotherapy that once took
years to make a difference.

**What is EMDR? – EMDR
Institute – EYE MOVEMENT ...**

This study examined how 3
therapists from differing

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theoretical orientations
(psychodynamic, humanistic,
and cognitive-behavioral)
integrate eye movement
desensitization and
reprocessing (EMDR)...

EMDR and Theoretical

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**Orientation: A Qualitative
Study of . . .**

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An early endorsement by the
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In this groundbreaking,
Mark Dworkin, an EMDR
teacher, facilitator, and
long-time practitioner,

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explores the subtle nuances of the therapeutic relationship and the vital role it plays in using Eye Movement Desensitization and Reprocessing (EMDR) with traumatized clients. Showing how relational issues play a

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key role in each phase of
EMDR treatment, the author
provides tools for the
therapist to more
efficiently apply this
method in the treatment of
trauma victims and form a
stronger and healthier

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relationship with the
patient. A standard
reference for all
practitioners working to
heal the wounds of trauma,
this book will be an
essential resource for the
effective application of

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EMDR.

The SAGE Encyclopedia of
Theory in Counseling and
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helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy

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theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy

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has successfully treated
psychological problems for
millions of sufferers
worldwide. In this updated
edition, Francine Shapiro
offers a new introduction
that presents the latest
applications of this

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remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other

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disorders, she explains how
life experiences are
physically stored in our
brains, making us feel and
act in harmful ways, and how
EMDR therapy can bring
relief, often in a
remarkably short period of

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time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and

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how we get better.

Despite the numerous studies
touting EMDR's efficacy, it
is still largely regarded as
too complicated to
understand, a major factor
in why many who have been

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trained in EMDR no longer
use it. EMDR Made Simple: 4
Approaches to Using EMDR
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conceptualizing, and
ultimately implementing EMDR

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American Holistic Medical
Association, and considered
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and/or contraindications, scientific documentation of its efficacy, discussion of which disorders it is best used for, and references. Most comprehensive overview of rapidly expanding field Includes chapters by 24

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covered in professional
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