



EMDR Therapy for Clinician Self-Care: Models, Scripted Protocols, and Summary Sheets for Mental Health Interventions (Paperback)

By -

Springer Publishing Co Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. EMDR Therapy is an integrative psychotherapy approach based on standard procedures and protocols. EMDR practitioners have been called upon, worldwide, to respond to traumatized populations in the aftermath of catastrophes both natural and manmade. As a result of working with these populations, therapists are often prone to vicarious traumatization, secondary stress disorder, and compassion fatigue. This book presents step-by-step scripts-using the standard procedures and protocols of EMDR therapy as their template-that enable psychotherapists to practice self-care while treating traumatized populations. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy. The mini-book delivers EMDR procedures and protocols gleaned from the responders to the massacre of schoolchildren in Newtown, CT; vicarious trauma experiences; and worst-case scenarios in recent trauma response, all with accompanying summary sheets. Key Features: Provides concise, step-by-step EMDR scripts for practicing self-care when working with traumatized populations. Includes concise summary sheets for quick information retrieval during perilous situations. Presents scripts

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