A Therapist’s Guide to EMDR
Tools and Techniques for Successful Treatment
LAURELL PARNELL

A long-time EMDR teacher and practitioner, Laurel Parnell gathers the wisdom of her experience to help EMDR-trained therapists in the four areas they need it most: case formulation, ego strengthening, target development, and the ability to work with processing difficulties. This book is essential for EMDR clinicians who want to know how to find ways that EMDR can be modified to fit their clients' needs, rather than forcing clients into rigid technical molds.

A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma. It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications. Areas essential to successful utilization of EMDR are emphasized. These include: case conceptualization; preparation for EMDR trauma processing, including resource development and installation; target development; methods for unblocking blocked processing, including the creative use of interweaves; and session closure. Case examples are used throughout to illustrate concepts. The emphasis in this book is on clinical usefulness, not research. This book goes into the therapy room with clinicians who actually use EMDR, and shows readers how to do it in practice, not just in theory. In short, this is the new, practical book on EMDR.

Contents:
Introduction
Part 1: EMDR Theoretical Overview
1. EMDR Refresher
2. Essential EMDR Protocol
Part 2: Using EMDR With Clients
3. Evaluation and Preparation for EMDR
4. Tools and Techniques for Ego Strengthening
5. Case Formulation
6. Reevaluating the Therapy
7. Target Development
Part 3: The EMDR Session
8. The Procedural Steps
9. Tools and Techniques for Working with Processing Difficulties
Part 4: Clinical Applications
10. Working With Phobias
11. Recent Traumas and Critical Incidents
12. Taking Care of Yourself

LAUREL PARNELL, PH.D., is a psychologist, consultant and EMDR trainer.
She is the author of two previous books on EMDR, Transforming Trauma: EMDR and EMDR in the Treatment of Adults Abused as Children as well as articles and a book chapter.
Since 1991, Parnell has immersed herself in the practice and development of EMDR and has trained thousands of clinicians in the United States and abroad.

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Laurel Parnell, Ph.D., is a psychologist, consultant and EMDR(R) trainer. She is the author of two previous books on EMDR(R), EMDR(R) in the Treatment of Adults Abused as Children and Transforming Trauma: EMDR(R) as well as articles and a book chapter. Since 1991, Parnell has immersed herself in the practice and development of EMDR(R) and has trained thousands of clinicians in the United States and abroad. Country of Publication. United States. Subject. Psychology: Professional & General. Imprint. Ww Norton & Co. Date of Publication. 16/01/2007. View Laurel Parnell’s profile on LinkedIn, the world's largest professional community. Laurel has 4 jobs listed on their profile. See the complete profile on LinkedIn and discover Laurel’s connections and jobs at similar companies.Â Most recent books published by WW Norton: Attachment-focused EMDR: Healing Relational Trauma and Rewiring the Addicted Brain with EMDR Based Treatment. Clinical Trainer. Parnell Institute for EMDR. Jan 1995 â€“ Present 25 years 5 months. San Rafael, CA. Train mental health professionals in Eye Movement Desensitization and Reprocessing-Basic Training as well as advanced clinical applications workshops. Clinical Psychologist, EMDR trainer and consultant. Laurel Parnell, Ph.D. Jan 1979 â€“ Present 41 years 5 months. Dr. Laurel Parnell is a clinical psychologist and director of the Parnell Institute for EMDR. One of the world’s leading experts on Eye Movement Desensitization and Reprocessing (EMDR), she is the originator of the EMDR-related therapies Attachment-Focused EMDR and Resource Tapping. Laurel is the author of several books and videos on EMDR, including, Rewiring the Addicted Brain, Attachment-Focused EMDR: Healing Relational Trauma, A Therapist’s Guide to EMDR and Tapping In. Support this podcast at â€” https://redcircle.com/the-trauma-therapist-podcast-with-guy-macpherson-phd-inspiring-interviews-