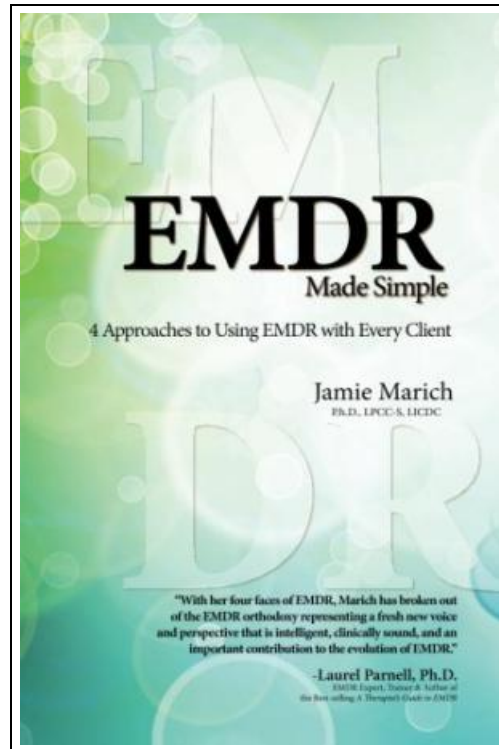


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Premier Publishing & Media. Paperback. Book Condition: New. Paperback. 316 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. Eye Movement Desensitization and Reprocessing (EMDR) has established itself as an evidence-based psychotherapy for the treatment of trauma and other related mental health disorders. 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 trained in EMDR no longer use it. EMDR Made Simple: 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical examples, EMDR Made Simple will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients. After completing both Part I and II EMDR training I felt somewhat lost in how to tailor my personal approach with clients while maintaining the integrity of the EMDR method. Dr. Marich's book not only illuminated the way for me but gave me the confidence I needed to expand my private practice using EMDR. Her vast clinical experience, directed resources and practical hands-on examples demonstrated to me the usefulness of EMDR for a range of clients. EMDR Made Simple is an easy-to-read guide to EMDR greatly influenced by Dr. Marich's friendly and very personable style. Her 4 approaches to EMDR allow the reader to find a mode that works for them while not compromising the best practices efficacy of the EMDR protocol. Karen Anderson, M. S., LMFT Private...

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