



Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy

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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*

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--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.

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