



EMDR Therapy and Mindfulness for Trauma-Focused Care

Jamie Marich , Stephen Dansiger

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Based on the belief that mindfulness is a critical component in the delivery of EMDR, this innovative text integrates mindfulness-informed practice with EMDR therapy to create an effective new approach for healing trauma. Based on current evidence-based research, the book demonstrates--with clear, step-by-step guidelines--how clinicians can conceptualize and deliver trauma-focused care in both mental health and addiction treatment. Infused with practical applications, the book offers clearly articulated and effective approaches that provide a concrete beginning, middle, and end of treatment planning.

Following a description of the long history of mindfulness practices, the book offers guidelines for developing one's own mindfulness practice--emphasizing the use of trauma-focused language--and suggestions for teaching specific techniques to clients. The book describes both classic and creative mindfulness practices, including breath awareness/sensory grounding, breath meditation, body scanning, feeling tone meditation, labeling, standing meditation, walking meditation, and loving-kindness meditation, along with using day-to-day objects as a meditative focus, movement practices, the expressive arts, and other forms of creativity.

Key Features:

Offers a complete framework for healing trauma by integrating mindfulness-informed practice with EMDR therapy

Provides clearly articulated, step-by-step approaches that are evidence-based

Authored by noted experts in EMDR and mindfulness-based therapies

Includes guidelines for developing one's own mindfulness practice and tools for teaching specific practices to clients

Describes both classic and creative mindfulness practices

EMDR Therapy and Mindfulness for Trauma-Focused Care Details

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Bill W says

If you're not familiar with trauma and EMDR, you should read this book. As someone who has personally experienced a vast amount of it, works with clients who have as well, and been in this therapy for 2+ years, I can tell you it is transformative.
