



## Emdr Essentials: A Guide for Clients and Therapists

By Barb Maiburger

W. W. Norton & Company. Paperback. Condition: New. 240 pages. Dimensions: 8.2in. x 5.4in. x 0.8in. A consumer's handbook to the basics of EMDR therapy. Today, eye movement desensitization and reprocessing (EMDR) therapy is a widely used integrative protocol to help individuals access and overcome their traumatic memories. However, many both clients and practitioners alike still know very little about it, or are badly misinformed. To those not familiar with it, EMDR can seem overly theoretical and abstract, and if not practiced correctly, can be ineffective, or worse, harmful. But with a skilled therapist to carefully guide and facilitate the process, as the author writes, relief is so great it often feels like magic. The purpose of this concise handbook, written by a veteran EMDR practitioner, is to explain EMDR in a simple, straightforward way so that readers will know what to expect and how to prepare themselves for treatment. Many books on the subject delve into the theory or technical aspects of EMDR. This book does just the opposite. Maiburger focuses on the basics in an easy-to-read way so consumers and therapists alike can quickly understand what it's all about. The first part of the book lays the framework, describing...



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