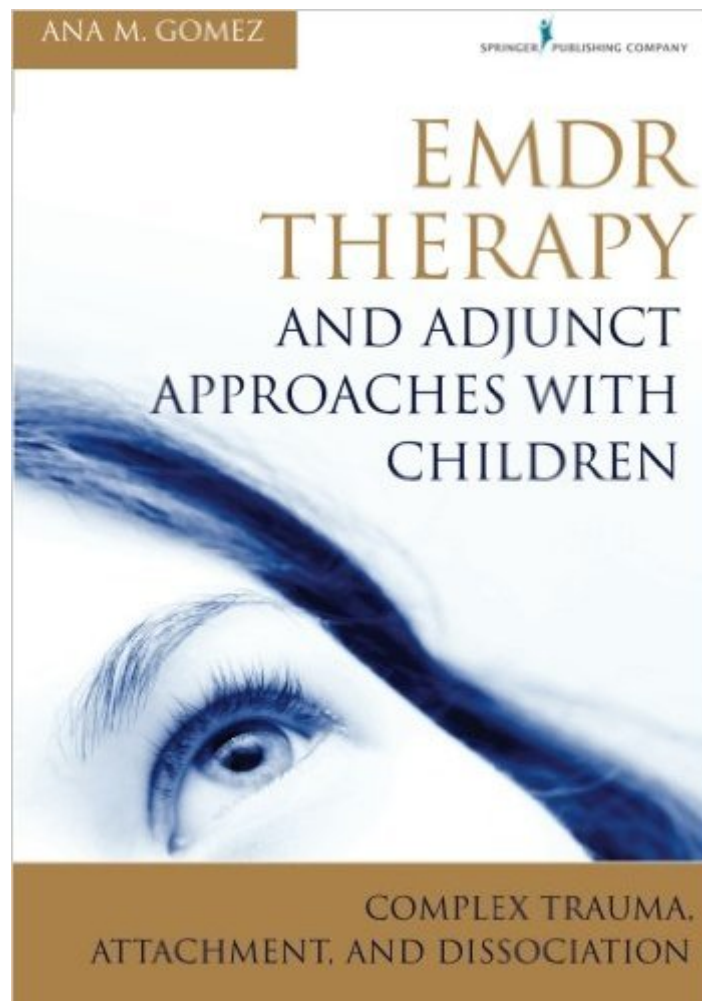


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# EMDR Therapy And Adjunct Approaches With Children: Complex Trauma, Attachment, And Dissociation



## **Synopsis**

This volume is a welcome and excellent resource for all clinicians working with severely traumatized children. Francine Shapiro, PhD Founder, EMDR Humanitarian Assistance Programs Over the past 15 years, Ms. Gomez has developed highly original and brilliant interventions for working with these very difficult to treat children. This book will be an enormous great gift to our field. Dr. Susan Coates Clinical Professor of Psychology in Psychiatry College of Physicians and Surgeons Columbia University This is the first book to provide a wide range of leading-edge, step-by-step strategies for clinicians using EMDR therapy and adjunct approaches with children with severe dysregulation of the affective system. Written by an author internationally known for her innovative work with children, the book offers developmentally appropriate and advanced tools for using EMDR therapy in treating children with complex trauma, attachment wounds, dissociative tendencies, and compromised social engagement. The book also presents the theoretical framework for case conceptualization in EMDR therapy and in the use of the Adaptive Information Processing model with children. Principles and concepts derived from the Polyvagal Theory, affective neuroscience, attachment theory, interpersonal neurobiology, developmental neuroscience and the neurosequential model of therapeutics, which can greatly support and expand our understanding of the AIP model and complex trauma, are presented. The text also offers an original and pioneering EMDR therapy-based model to working with parents with abdicated caregiving systems. The model is directed at assisting parents in developing the ability for mentalization, insightfulness, and reflective capacities linked to infant's development of attachment security. A unique and innovative feature of this book is the masterful integration of strategies from other therapeutic approaches, such as Play therapy, Sandtray therapy, Sensorimotor psychotherapy, Theraplay and Internal Family Systems (IFS), into a comprehensive EMDR treatment maintaining appropriate adherence to the AIP model and EMDR therapy methodology. Key Features: Provides creative, step-by-step, "how-to" information about the use of EMDR therapy with children with complex trauma from an internationally known and innovative leader in the field Explores thoroughly the eight phases of EMDR therapy in helping children with attachment wounds, dissociative tendencies and high dysregulation Incorporates adjunct approaches into a comprehensive EMDR therapy while maintaining fidelity to the AIP model and EMDR therapy methodology Contains an original EMDR therapy-based model for helping parents with abdicated caregiving systems to develop metalizing and reflective capacities

## **Book Information**

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## Customer Reviews

First, this is a book for psychotherapists, and this review is written for clinicians. Many workshop presenters and consultants help EMDR clinicians understand what is going on with complex clients, but often we are left with "yes, but what do I DO?!" Sometimes, the answers they provide give the impression that we should "do something other than EMDR." In contrast, this book provides both understanding and practical interventions, grounded in solid theory and fidelity to the EMDR approach. Ana Gomez is a gifted therapist and trainer who is able to help therapists understand the application of EMDR with children and their families. Whether you work with children or adults, ANY EMDR clinician will benefit from her clear explanation of the model guiding EMDR (Adaptive Information Processing) and the phases of EMDR treatment. Clinicians that are not trained in EMDR will benefit from her thorough explanation of the approach, and are likely to feel compelled to get trained in EMDR. The author's integration of nuts and bolts descriptions of the integration of EMDR in work with children and their families provides the answers to common clinical questions. I appreciate her succinct, user friendly history taking, treatment planning, preparation, and active intervention strategies - most of which can be adapted to clients of any age. I particularly appreciate the author's integration of creative, practical and fun interventions throughout the book - but particularly in the arena of preparation, skill-building, introduction of EMDR concepts to children, and active processing strategies.

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