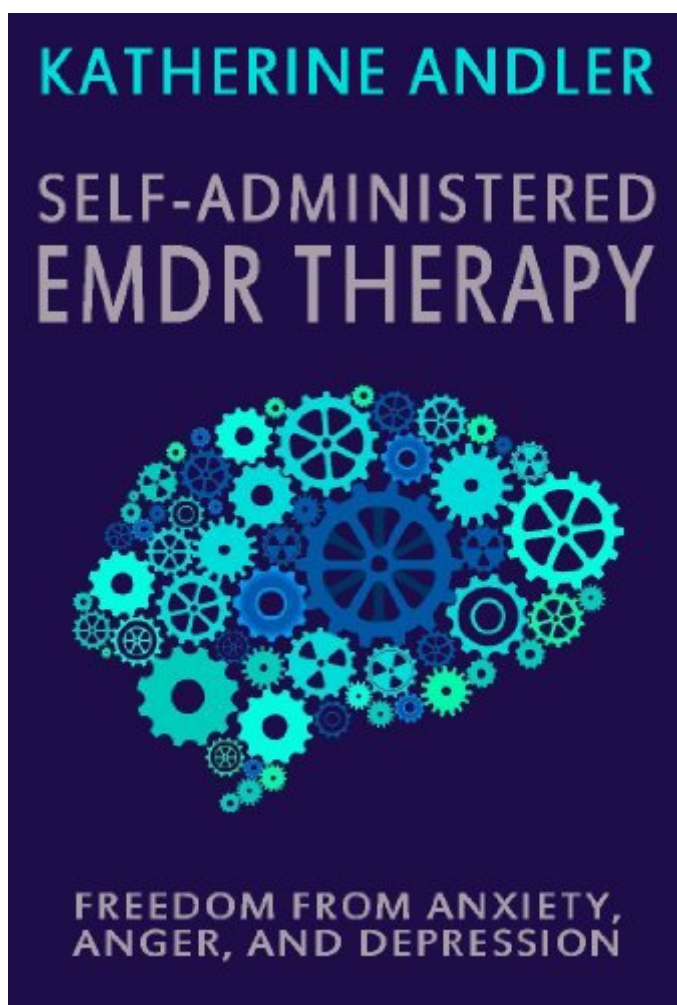


The book was found

Self-Administered EMDR Therapy: Freedom From Anxiety, Anger And Depression



Synopsis

Eye Movement Desensitization and Reprocessing (EMDR) therapy has been used for over two decades to heal anxiety, depression, anger, and the many more symptoms of having unprocessed memories in our brains. Whether we've experienced small or major trauma, and whether we are aware of the foundation of our issues, EMDR will desensitize disturbing and painful thoughts, sensations, images, and emotions, and turn around our negative beliefs. This guide explains the theory behind the therapy, and what to expect from self-administered EMDR. It provides a framework for self-help so that you can apply the 8 stages of EMDR correctly without the need of a therapist.

Book Information

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Customer Reviews

Very interesting read. I also went to have EMDR therapy done and it was so amazing. It really helped me.

It was a very helpful book and was well priced.

very small and a waste of time.

This book explained the benefits of EMDR but did not teach any techniques. It may be a good introduction but you need to more on and read the other books to use it on yourself and help others.

EMDR is a very powerful technique. Adler's ebook is almost like a short book report of Shapiro's book on EMDR. The overview is good, but unlike Shapiro's book, Adler's text doesn't give any real specifics of what kind of images might come up and what kind of experiences you might have. "You don't know what you don't know" and that can be dangerous. After some sessions, my brain has been so tired that I couldn't safely drive home. Adler's text tells the reader to go to YouTube or read articles to get more information, which was kind of cop out. Thinking about a young person sitting alone in a dorm room with an EMDR YouTube video and unlocking a painful, forgotten memory is kind of horrifying actually. Will they really be able to cope enough to remember the butterfly hug? A well researched informational book on a topic should have most of the information in the text for the reader. By sending readers to find articles (none of these were listed in the references section) it gave this reader the impression that the author didn't read many sources and research studies to be qualified to recommend this independent approach. Although the author does mention a study, it is not cited properly nor listed under the resources. I am skeptical about three times in one week being okay and not leading to flooding- the downtime is a very important part of this process. Seeing a professional who has been trained in EMDR is important because they can help you unpack some of the unprocessed memories once revealed and help you put them in context in terms of learning and growing. As someone who has been through EMDR treatment, I would recommend it highly- after reading Shapiro's book and going to the safe place of a qualified practitioner's office. If you aren't willing to make the commitment to go all the way with EMDR, then mindful meditation would probably be a better "at home" treatment for you. As far as Adler's book- it is a quick, cheap read and gives some information (kind of like a book report) but it doesn't go far enough. Shapiro's book is the authoritative guide and well worth the extra time and money.

This small book is only small in size. It has concise but hands on information on how to self administer EMDR principles and techniques to small or big issues in your life. Great value for anyone who wants a first approach do self administered EMDR.

Really good explanation

Excellent summary of emdr techniques. Really useful clear and fully recommended. You need read the Francine Shapiro book also. Is my personal recommendation.

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Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)
Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy
The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers)
The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)
CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.
Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness
Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness
Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams)
Cognitive Behavioral Therapy: 7 Steps to Freedom from Anxiety, Depression, and Intrusive Thoughts (Happiness is a trainable, attainable skill! Book 1)
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