

EMDR

Made Simple

4 Approaches to Using EMDR with Every Client

Jamie Marich

Ph.D., LPCC-S, LICDC

"With her four faces of EMDR, Marich has broken out of the EMDR orthodoxy representing a fresh new voice and perspective that is intelligent, clinically sound, and an important contribution to the evolution of EMDR."

-Laurel Parnell, Ph.D.

EMDR Expert, Trainer & Author of
the Best-selling & Therapist's Guide to EMDR

Emdr Made Simple 4 Approaches To Using Emdr With Every Client

Jamie Marich-Merkin



Emdr Made Simple 4 Approaches To Using Emdr With Every Client:

EMDR Made Simple Jamie Marich, 2011 Eye Movement Desensitization and Reprocessing EMDR has established itself as an evidence based psychotherapy for the treatment of trauma and other related mental health disorders Despite the numerous studies touting EMDR s efficacy it is still largely regarded as too complicated to understand a major factor in why many who have been trained in EMDR no longer use it *EMDR Made Simple 4 Approaches to Using EMDR with Every Client* offers a fresh approach to understanding conceptualizing and ultimately implementing EMDR into clinical settings

Dissociation Made Simple Jamie Marich, PHD, 2023-01-10 Dissociation 101 The go to guide for understanding your dissociative disorder breaking the stigma and healing from trauma related dissociation Just as important as The Body Keeps the Score but an easier read for me 5 star reader review Guided by clinical counselor Jamie Marich a trauma informed clinician living with a dissociative disorder herself this book tells you everything you need to know about dissociation but were too afraid to ask Here you ll learn What dissociation is and why it s a natural response to trauma How to understand and work with your parts the unique emotional and behavioral profiles that can develop from personality fragmentation There s nothing shameful about dissociating that in fact we can all dissociate Skills and strategies for living your best authentic and most fulfilled life What to look for in a therapist choosing a healer who sees you and gets it Foundational elements of healing from trauma including PTSD and C PTSD With practical guided exercises like The Dissociative Profile and Parts Mapping this book is written for those diagnosed with dissociative disorders clinicians and therapists who treat trauma and dissociation and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder DID *Dissociation Made Simple* breaks it all down accessibly and comprehensively with empowerment and support and without stigma judgment or shame

Trauma and the 12 Steps--The Workbook Jamie Marich, PHD, Stephen Dansiger, PsyD, MFT, 2023-08-29 Your definitive trauma sensitive guide to working the Steps skills for understanding your addiction processing your trauma and navigating your recovery journey the anticipated companion to *Trauma and the 12 Steps* This addiction recovery workbook from clinicians Jamie Marich PhD and Stephen Dansiger offers skills to prevent relapse enhance recovery and understand how trauma impacts alcoholism drug dependency and even other types of addictions Working the Steps for the first time can feel scary and unfamiliar and depending upon the experiences you ve had at AA or NA you may question whether the 12 Steps are right for you Here Marich and Dansiger help you get to the root of your addiction while offering skills and exercises for an inclusive recovery program Unlike some 12 Step programs this workbook is open to all regardless of your background history identity or spiritual beliefs It also recognizes that for most of us on recovery or sobriety journeys each Step isn t made to be worked through only once this workbook is designed to support your individual needs whether that s practicing one step on a day to day basis revisiting another at different times throughout your recovery process or using the exercises as part of a yearly check in The workbook begins with a self care

inventory then moves through each of the 12 steps with prompts meditations journaling reflections and body based exercises The authors also offer coping skills and an open minded approach that acknowledges that your recovery is as unique as you are one size fits all doesn't apply Compassionate trauma responsive and grounded in the latest behavioral and neuroscience research this workbook is your go to addiction recovery toolkit *Trauma and the 12 Steps, Revised and Expanded* Jamie Marich, PhD, 2020-07-07 An inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery Step 1 You admit that you're powerless over your addiction Now what 12 step programs like Alcoholics Anonymous AA and Narcotics Anonymous NA have helped countless people on the path to recovery But many still feel that 12 step programs aren't for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive Some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place Advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today Dr Jamie Marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 steps core foundations and up to date developments in trauma informed care Foregrounding the intersections of addiction trauma identity and systems of oppression Marich's approach treats the whole person not just the addiction to foster healing transformation and growth Written for clinicians therapists sponsors and those in recovery Marich provides an extensive toolkit of trauma informed skills that Explains how trauma impacts addiction recovery and relapse Celebrates communities who may feel excluded from the program like atheists agnostics and LGBTQ folks Welcomes outside help from the fields of trauma dissociation mindfulness and addiction research Explains the differences between being trauma informed and trauma sensitive and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing EMDR Made Simple Jamie Marich-Merkin, 2011 **Surviving Trauma: Healing the Child**

Within Christina Hoffert, 2023-10-24 In *Surviving Trauma: Healing the Child Within* the author takes readers on a deeply personal and courageous journey of self discovery and recovery The book opens with a raw and honest reflection on the hesitations and self doubt that often accompany the idea of sharing one's experiences of trauma mental health struggles and personal growth The author grapples with questions like Am I cured enough to tell people I have survived the traumas of my past and Will people label me a hypocrite or a phony The narrative unfolds as the author embarks on a profound exploration of their own struggles with PTSD major depression addiction eating disorders anxiety homelessness incarceration domestic violence and more These experiences have been learned the hard way through pain and suffering The author dispels the myth that there is a magic solution to life's problems and shares the realization that they will never be perfect nor will life be without challenges The heart of this book lies in the belief that one's experiences and the lessons learned from them can be

valuable to those who are currently battling their own demons The author discovers that their own journey while filled with pain and darkness can serve as a beacon of hope for others who have endured trauma and its aftermath Throughout the narrative the author provides insights and guidance for those who are struggling offering tools for healing and personal growth One of the central suggestions the author offers is journaling They emphasize its importance for several reasons Firstly it allows individuals to release overwhelming emotions and thoughts without concern for grammar or coherence Journaling serves as a safe space to express the myriad feelings and fears that may be consuming one's mind Additionally it provides a means of processing these emotions When revisiting journal entries later individuals can identify irrational thoughts and replace them with a more accurate perspective The act of journaling also serves as a way to track personal progress over time Readers are encouraged to go back and review earlier entries allowing them to see how their thinking has evolved and improved By doing this the author demonstrates how their own journals from previous years were much more negative and self-defeating illustrating the power of self-reflection and growth Lastly journaling can reveal patterns and triggers that may not have been consciously recognized The author shares a personal example of discovering that anxiety attacks correlated with the week before their menstrual cycle Such revelations can help readers better understand the factors that contribute to their emotional well-being Each chapter concludes with a healing journaling exercise providing readers with practical tools to aid in their own healing journey The author strongly encourages journaling as a daily practice or as a resource to turn to during moments of overwhelming depression or anxiety Through heartfelt and candid storytelling this book offers hope and inspiration to those grappling with trauma and mental health challenges reminding them that they are not alone in their struggles and that healing is possible

You Lied to Me About God Jamie Marich, PHD, 2024-10-15 An intimate and important memoir of deconstructing and reconstructing faith after abuse a spiritual memoir that does not shy away from abuse queerness or the multifaceted character of God Kirkus Reviews starred review A courageous vulnerable and spellbinding memoir that explores with visceral impact what happens when harm starts at home and is exalted as God's will For readers of *Unfollow* and *Jesus Land* Jamie Marich explores spiritual abuse intergenerational trauma and weaponized faith At nine years old Jamie Marich asked God to end it all Doing it herself would be an irrevocable sin an affront to the church and her father's God She prayed instead for the rapture an accident a passive death anything to stop the turmoil of feeling wrong wrong in her body wrong in her desires wrong in her faith in a merciful God that could love her wholly as she was *You Lied to Me About God* explores the schisms that erupt when faith is weaponized when abuse collides with the push and pull of a mixed religious upbringing tyhat tells you no matter which path you choose no matter what you know in your heart to be true you're probably damned With resilience strength and gut-punching clarity Marich takes readers through a tumultuous coming of age marked by addiction escapism spiritual manipulation misogyny and abuse She shares with unflinching detail the complicity of her mother's silence and the lengths her father went to assert dominance and control over her body her

desires her identity and even her eternal soul for her own good and with a side of televangelistic hellfire Hitting a breaking point Marich embarks on pilgrimage from shrines in Croatia to ashrams in Florida she reckons with what it means to come home to a faith that heals and accepts her wholly as she is in her queerness in her body and in her deep relationship to an expansive and loving God Life After Loss Jackson Rainer, Ph.D., ABPP, 2013-08-01 The process of grief does not change a person as much as it reveals another part of the self Life After Loss Contemporary Grief Counseling and Therapy is a reader friendly book with tools techniques and compass points to help others with the experience of grief Going beyond the well known but outmoded stage theories of grief this book explores and illustrates new models of treatment applying them to the lived experience of bereaved clients Best applied practices are examined and the book quickly becomes a go to resource for typical and complicated facilitation of grief Topics include Clinical practices for natural and complicated grief processes What went wrong with Kubler Ross stage theory of grief The functions of emotions in grief The impact of death on the family Death grief and spirituality Loneliness and isolation The social and cultural ceremonies of death Meaning making and growth following loss EMDR Therapy Basic Training Course Day 1 and Stabilization Exercises Jamie Marich, 2015-11-18 Day 1 of the Basic Training Course in EMDR and preparation phase stabilization exercises appropriate for those professionals not yet taking a full basic training course in EMDR therapy Treating Abuse Today, 1994 **EMDR** Francine Shapiro, Margot Silk Forrest, 1998-04-11 Hailed as the most important method to emerge in psychotherapy in decades EMDR has successfully treated psychological problems and illnesses in more than one million sufferers worldwide with a rapidity that defies belief In a new introduction Shapiro presents the new applications of this remarkable therapy and the latest scientific research that demonstrates its efficacy Trauma Made Simple Jamie Marich, 2014-03-05 In Trauma Made Simple trauma expert Dr Jamie Marich brings her practical style of training to print using clinical common sense to wade through theory research and hype surrounding trauma Learn about trauma in a way that is relevant to clinical work including extensive coverage on PTSD and other diagnoses through a bio psycho social spiritual lens Make clinically informed decisions based on setting client preparedness and other contextual variables Develop strategies for treatment planning based on the best possible treatments in the field today Trauma Made Simple addresses a variety of issues that are imperative to trauma competency in clinical work including how to handle grief and mourning assessing for and addressing addiction even if you are not an addiction counselor and how to manage professional development issues including self care **The Psychologist**, 2002 **The Behavior Therapist**, 1999 Encyclopedia of Psychology, 4 Volume Set Raymond J. Corsini, 1994-03 Includes entries on such topics as psychoanalysis assertiveness training neurotransmitters and small sample statistics Psychology (Paperback) Pearson, Glenn Meyer, Sandra Ciccarelli, 2005-10 NEW MyPsychLab edition available October 2007 Text comes automatically with MyPsychLab for no additional charge Includes end of chapter study tips directing students to MyPsychLab for further study No changes to pagination from Ciccarelli Meyer Psychology 1e The most learner centered and assessment

driven text available Using the APA undergraduate psychology learning outcomes the authors establish clear learning objectives for students and tie the text assessment to these objectives Praised for a very engaging writing style comprehensive coverage of key research and strong pedagogical features Ciccarelli focuses on getting students to actually read their textbook Student feedback from numerous class tests and instructor feedback from an extensive reviewing process emphasize the appeal of Ciccarelli s approach to teaching and learning in today s classroom

The Complete Mental Health Directory Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

Process Not Perfection Jamie Marich,2019-04-26 There is no one size fits all solution to healing the wounds of traumatic experiences although most survivors agree that just talking about the trauma does not work Expressive arts therapy offers a wide range of potential solutions for trauma survivors by taking an all of the above approach to creative practices working with multiple expressive pathways in a variety of combinations This book invites you into artmaking music dancing movement writing and other expressive practices to both cultivate your existing strengths and to help you step outside of your comfort zone Explore how the practices of expressive arts can best support your healing and recovery journey

Trauma and the Twelve Steps Jamie Marich,2012 Criticism of 12 step recovery is nothing new however 12 step programs are increasingly getting a bad rap for being too one size fits all or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction especially issues surrounding traumatic stress Trauma and the Twelve Steps A Complete Guide to Enhancing Recovery takes the posture that there is nothing wrong with using 12 step recovery principles in treatment or in continuing care with individuals who are affected by trauma related issues However this book also explains how rigid application of 12 step principles can do more harm than good for a traumatized person and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12 step recovery experiences for trauma survivors Written for professionals sponsors and those in a position to reach out and help recovering addicts the user friendly language in this book will teach you how to unify the traditional knowledge of 12 step recovery with the latest findings on healing trauma In doing so you will be able to help others and maybe even yourself work a recovery program like never before _____ At last someone has thoughtfully and intelligently reconciled the practical wisdom of the 12 steps with best practices for posttraumatic stress In Trauma and the Twelve Steps Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers in beautiful eminently readable English a coherent treatment approach that is sure to maximize sobriety and healing Belleruth Naparstek Author of Invisible Heroes Survivors of Trauma and How They Heal creator of the Health Journeys guided imagery audio series It s critically important for people in 12 step based treatment to keep trauma in mind and not re traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma I

support these efforts promoted in Dr Marich's work to help those whose choice of recovery paths is within the 12 step framework Maia Szalavitz Journalist and best selling author of Born for Love and The Boy Who Was Raised as a Dog

EMDR Solutions Robin Shapiro, 2018-11-23 Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to your fund of knowledge and broaden your practice Robin Shapiro has gathered a stellar group of EMDR practitioners Each of the contributors offers key therapeutic insights in an easy to digest form Maureen Kitchur presents her Strategic Developmental Model a meta model for EMDR practice that encompasses all phases of the Standard Protocol Ericksonian utilization language and attachment enhancing practices Kitchur's model gives a clear order for EMDR processing and a way to process wordless or implicit experience Roy Kiessling offers his Resource Development strategies Easy to learn and very helpful for clients who are disorganized or in crisis Kiessling's methods turn resources into cognitive interweaves and ego states into resources Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatment from history taking through processing to It's gone A J Popky turns the Subjective Units of Distress scale SUDS on its head by targeting inappropriate positive affect Popky also shares his DeTUR protocol with its Level of Urge to Use LOUU for the treatment of addictions and compulsive behavior Jim Knipe builds on Popky's work with the SUDS and presents techniques for clearing love sickness procrastination avoidance and codependence using the Level of Urge to Avoid LOUA Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders Twombly's applies techniques derived from hypnosis and ego state work while Lanius shows how to use opiate inhibiting medication to allow EMDR to work with dissociated clients Robin Shapiro addresses the Two Hand Interweave a simple but widely applicable exercise of discernment Shapiro also contributes chapters on using EMDR with anxiety disorders in differentiation based couple's therapy and with generational and cultural introjects Elizabeth Turner engages children with art therapy play therapy and story telling in all phases of EMDR Her chapter is the delightful cherry on top of this informative easy to use book Additional chapters by Carole Lovell Andrew Seubert Jim Cole and Susan Schulherr address EMDR with dialectical behavior therapy DBT with borderline clients working with mentally retarded clients a reenactment tool from guided imagery and the binge starve cycle of eating disorders Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or client population you will be adding crucial skills and knowledge to your EMDR toolbox

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