

kaiser permanente emdr therapy

Kaiser Permanente EMDR Therapy: A Pathway to Healing and Mental Wellness

kaiser permanente emdr therapy has become an increasingly recognized treatment option for individuals seeking relief from trauma, anxiety, PTSD, and related mental health challenges. As more people explore effective avenues for healing, Eye Movement Desensitization and Reprocessing (EMDR) therapy offered through Kaiser Permanente provides a structured, evidence-based approach that can make a profound difference in one's emotional well-being. If you're curious about how this therapy works, what to expect, and why Kaiser Permanente's approach stands out, this article will guide you through everything you need to know.

Understanding EMDR Therapy

EMDR therapy is a psychotherapy technique developed in the late 1980s by psychologist Francine Shapiro. It's specifically designed to help individuals process and heal from traumatic memories that can cause ongoing distress. Unlike traditional talk therapy, EMDR incorporates bilateral stimulation—usually through guided eye movements or sometimes taps or sounds—to rewire the brain's response to traumatic events.

How EMDR Works

The core idea behind EMDR is that trauma can cause memories to be “stuck” in the brain, leading to persistent emotional pain and negative beliefs about oneself. During EMDR sessions, the therapist guides the patient through recalling distressing memories while simultaneously engaging in bilateral stimulation. This process is thought to facilitate the brain's natural healing mechanisms, allowing the traumatic memories to be reprocessed and integrated in a healthier way.

Why Choose EMDR at Kaiser Permanente?

Kaiser Permanente is known for its integrated healthcare model, which means mental health services like EMDR are often coordinated alongside physical healthcare. This holistic approach can be especially beneficial for patients whose trauma or mental health issues affect their overall wellness. Kaiser Permanente's licensed therapists are trained in EMDR and provide therapy tailored to individual needs, ensuring that treatment is both compassionate and effective.

What to Expect from Kaiser Permanente EMDR Therapy

If you're considering EMDR therapy through Kaiser Permanente, it helps to know what the process generally looks like.

Initial Assessment and Personalized Treatment Plan

Before starting EMDR, you'll typically have an initial evaluation with a mental health professional. This session helps identify your specific symptoms, trauma history, and treatment goals. Based on this assessment, the therapist will create a customized EMDR treatment plan designed to address your unique needs.

Structure of EMDR Sessions

A typical EMDR therapy session lasts about 60 to 90 minutes. The therapy itself usually involves eight phases:

1. History Taking and Treatment Planning
2. Preparation and Building Rapport
3. Assessment of Target Memories
4. Desensitization Using Bilateral Stimulation
5. Installation of Positive Cognitions
6. Body Scan for Residual Tension
7. Closure and Grounding Techniques
8. Reevaluation in Subsequent Sessions

Kaiser Permanente therapists guide you through these phases with a supportive and patient-centered approach, ensuring you feel safe throughout the process.

Integration with Other Mental Health Services

One of the advantages of Kaiser Permanente's system is the ability to combine EMDR therapy with other forms of counseling, medication management, or group therapy if needed. This comprehensive care model helps address mental health from multiple angles, increasing the chances of successful outcomes.

Benefits of EMDR Therapy at Kaiser Permanente

Many patients report significant improvements after undergoing EMDR therapy through Kaiser

Permanente. Some of the key benefits include:

- **Effective Trauma Processing:** EMDR helps reduce the emotional charge of traumatic memories, making them less disruptive to daily life.
- **Reduced Symptoms of PTSD and Anxiety:** Many clients experience decreased flashbacks, nightmares, and anxiety symptoms.
- **Non-Invasive Treatment:** EMDR does not rely on medication and is generally considered safe with few side effects.
- **Holistic Healthcare Approach:** Access to integrated medical and mental health services ensures comprehensive care.
- **Customized and Patient-Centered:** Kaiser Permanente therapists tailor EMDR sessions to each individual's history and goals.

Who Can Benefit from EMDR at Kaiser Permanente?

EMDR therapy is effective for a wide range of conditions beyond PTSD, including:

- Depression linked to past trauma
- Chronic anxiety and panic disorders
- Phobias and specific fears
- Grief and loss recovery
- Performance anxiety and stress management

Kaiser Permanente often recommends EMDR as part of a broader mental health strategy for patients struggling with these issues.

Tips for Maximizing Your EMDR Therapy Experience

If you decide to pursue EMDR therapy through Kaiser Permanente, here are some helpful tips to get the most out of your sessions:

Be Open and Honest

EMDR requires you to engage with potentially painful memories. Being candid with your therapist about your feelings and thoughts will enable more effective treatment.

Practice Grounding Techniques

Therapists often teach grounding or relaxation exercises to help you manage emotional distress during and between sessions. Regular practice can improve your resilience.

Maintain Consistency

Regular attendance and commitment to scheduled sessions are crucial for progress. Healing takes time, and consistency helps the brain reprocess traumatic memories effectively.

Communicate with Your Therapist

If you feel overwhelmed or unsure about any part of the therapy, don't hesitate to share your concerns. Kaiser Permanente therapists are trained to adjust pace and methods to suit your comfort level.

Accessing EMDR Therapy Through Kaiser Permanente

If you're interested in starting EMDR therapy, the first step is usually to contact Kaiser Permanente's mental health services. Here's how you can get started:

- Schedule an appointment with your primary care provider or directly with a Kaiser Permanente mental health specialist.
- Discuss your interest in EMDR therapy and ask about availability and wait times.
- Complete any necessary evaluations or screenings to determine suitability for EMDR.
- Work with your care team to develop a personalized treatment plan.

Many Kaiser Permanente facilities offer EMDR therapy either in-person or through telehealth options, making it accessible for a broad range of patients.

Insurance and Coverage

As an integrated healthcare provider, Kaiser Permanente typically covers mental health services, including EMDR therapy, through its insurance plans. It's recommended to verify your specific coverage details to understand any copayments or session limits.

Navigating the path to healing after trauma or mental health struggles can feel daunting. However, Kaiser Permanente EMDR therapy offers a scientifically supported, compassionate approach that many have found transformative. By combining innovative techniques with integrated care, Kaiser Permanente provides a valuable resource for those ready to reclaim their mental wellness. Whether you are just beginning your journey or seeking new treatment options, exploring EMDR therapy within Kaiser Permanente's network could be a meaningful step toward lasting recovery.

Frequently Asked Questions

What is EMDR therapy offered by Kaiser Permanente?

EMDR (Eye Movement Desensitization and Reprocessing) therapy offered by Kaiser Permanente is a psychotherapy treatment designed to help individuals process and recover from traumatic experiences and PTSD through guided eye movements and cognitive processing techniques.

Who is eligible for EMDR therapy at Kaiser Permanente?

Eligibility for EMDR therapy at Kaiser Permanente typically includes members diagnosed with PTSD, trauma-related disorders, or other mental health conditions that can benefit from trauma-focused therapy. A mental health professional within Kaiser Permanente will assess and determine if EMDR is appropriate.

How can I access EMDR therapy services through Kaiser Permanente?

To access EMDR therapy at Kaiser Permanente, members usually need to schedule an appointment with a Kaiser mental health provider or primary care physician who can provide a referral or direct you to a therapist trained in EMDR.

Is EMDR therapy covered by Kaiser Permanente insurance plans?

Yes, EMDR therapy is generally covered by Kaiser Permanente insurance plans as part of mental health benefits, but coverage specifics may vary based on the particular plan. It is advisable to check with Kaiser Permanente member services for detailed coverage information.

What are the benefits of choosing Kaiser Permanente for EMDR therapy?

Choosing Kaiser Permanente for EMDR therapy offers benefits such as integrated care with access to a wide range of healthcare services, qualified and licensed therapists trained in EMDR, and coordinated mental health support within a trusted healthcare system.

Are there any online or virtual EMDR therapy options available at Kaiser Permanente?

Yes, Kaiser Permanente offers telehealth services including virtual EMDR therapy sessions, allowing patients to receive trauma-focused treatment remotely with licensed therapists, which increases accessibility and convenience for members.

Additional Resources

Kaiser Permanente EMDR Therapy: An In-Depth Exploration of Trauma Treatment Options

kaiser permanente emdr therapy has become an increasingly sought-after mental health service within the integrated healthcare system offered by Kaiser Permanente. As Eye Movement Desensitization and Reprocessing (EMDR) therapy gains recognition for its efficacy in treating trauma and post-traumatic stress disorder (PTSD), many patients and healthcare professionals alike are closely examining how Kaiser Permanente incorporates EMDR into its mental health services. This article explores the nuances of Kaiser Permanente EMDR therapy, analyzing its availability, treatment approach, and how it fits into the broader spectrum of trauma-informed care.

Understanding EMDR Therapy and Its Clinical Significance

EMDR therapy is a psychotherapeutic approach developed in the late 1980s by Francine Shapiro. It is primarily used to alleviate distress associated with traumatic memories by facilitating the brain's processing of these memories through bilateral stimulation, commonly involving guided eye movements. Numerous clinical studies have demonstrated EMDR's effectiveness in reducing symptoms of PTSD, anxiety, and depression, positioning it as a leading evidence-based treatment in trauma therapy.

In the context of Kaiser Permanente, EMDR therapy represents an important addition to the organization's commitment to integrative and patient-centered mental healthcare. Given Kaiser Permanente's extensive network of healthcare providers and emphasis on coordinated care, integrating EMDR offers patients access to specialized trauma treatment within a larger continuum of care.

Kaiser Permanente's Framework for EMDR Therapy

Kaiser Permanente's approach to mental health services emphasizes early intervention, comprehensive care, and accessibility. When it comes to EMDR therapy, the organization typically offers it through licensed mental health professionals within its behavioral health departments. These clinicians possess training and certification in EMDR, ensuring that patients receive treatment aligned with best practices.

Availability and Access

Access to EMDR therapy through Kaiser Permanente varies by region, reflecting differences in provider availability and local demand for trauma-focused treatment. In some areas, patients can receive EMDR therapy as part of their broader mental health benefit packages, while in others, there may be waitlists or limited provider options.

Because Kaiser Permanente operates on a managed care model, patients usually require a referral from their primary care provider or mental health specialist to be evaluated for EMDR therapy suitability. This gatekeeping mechanism helps ensure that EMDR is applied appropriately, especially given that it is most effective for specific conditions such as PTSD, complex trauma, and certain anxiety disorders.

Integration with Other Treatment Modalities

Kaiser Permanente's mental health services frequently combine EMDR therapy with other evidence-based treatments such as cognitive-behavioral therapy (CBT), medication management, and group therapy. This integrated treatment approach reflects an understanding that trauma recovery often involves multiple therapeutic dimensions.

For example, patients undergoing EMDR may concurrently receive pharmacological support to manage symptoms like depression or anxiety, or participate in psychoeducation sessions to build coping skills. Kaiser Permanente's multidisciplinary teams enable coordinated care planning, which can optimize patient outcomes.

Comparative Analysis: Kaiser Permanente EMDR Therapy versus Other Providers

When evaluating Kaiser Permanente EMDR therapy against private practice options or specialized trauma centers, several factors come into play, including cost, accessibility, and continuity of care.

- **Cost and Insurance Coverage:** Because Kaiser Permanente is an integrated health system, EMDR therapy may be covered under existing insurance plans with predictable copays, reducing financial barriers for many patients. Private providers may charge variable fees, and

insurance coverage can be inconsistent.

- **Provider Expertise:** While Kaiser Permanente employs credentialed EMDR therapists, some private clinics specialize exclusively in trauma therapies, potentially offering a broader range of trauma-specific interventions.
- **Continuity and Coordination:** Kaiser Permanente's model supports seamless coordination between mental health providers and primary care, which can be advantageous for patients with complex medical and psychological needs.

Overall, Kaiser Permanente EMDR therapy is positioned as a convenient and comprehensive option within a larger healthcare ecosystem, particularly beneficial for patients who prefer integrated care models.

Pros and Cons of Kaiser Permanente EMDR Therapy

Examining the strengths and limitations of Kaiser Permanente EMDR therapy provides a clearer picture of what patients might expect.

Pros

- **Integrated Care:** Access to EMDR within a larger healthcare framework ensures holistic treatment, including medical and psychiatric support.
- **Credentialed Providers:** Therapists are typically licensed and trained in EMDR, adhering to standardized protocols.
- **Insurance Coverage:** EMDR therapy is often covered, reducing out-of-pocket expenses compared to out-of-network providers.
- **Coordinated Treatment Plans:** Kaiser's focus on multidisciplinary collaboration enhances treatment consistency.
- **Patient Resources:** Availability of additional support such as group therapy, wellness programs, and educational materials.

Cons

- **Regional Variability:** EMDR availability is not uniform across all Kaiser Permanente locations, leading to potential access issues.

- **Wait Times:** Due to demand and provider shortages, some patients may experience delays in starting EMDR therapy.
- **Referral Requirements:** The need for referrals and assessments might slow access for patients seeking direct trauma treatment.
- **Limited Specialization:** Some centers may lack providers with advanced expertise in complex trauma or comorbid conditions.

Patient Experience and Outcomes

Patient feedback regarding Kaiser Permanente EMDR therapy generally reflects positive outcomes, particularly in symptom reduction and improved quality of life. Many patients report that EMDR helped them process traumatic memories that had been resistant to other forms of therapy. The structured nature of Kaiser Permanente's mental health services often facilitates regular follow-ups and progress monitoring, which supports sustained recovery.

However, as with any therapeutic intervention, individual experiences vary. Some patients might find the therapy challenging due to the intense emotional processing involved, underscoring the importance of therapist expertise and patient readiness. Kaiser Permanente's emphasis on comprehensive assessments helps identify the best candidates for EMDR, enhancing the likelihood of successful outcomes.

Future Directions and Innovations in Kaiser Permanente EMDR Therapy

Kaiser Permanente is known for its commitment to research and innovation in healthcare. In mental health, this translates into ongoing efforts to refine trauma treatment protocols and expand access to therapies like EMDR. Digital health tools and teletherapy options are being increasingly integrated, allowing patients to receive EMDR sessions remotely under professional supervision.

Moreover, Kaiser Permanente participates in clinical studies that examine EMDR's effectiveness across diverse populations, including veterans, survivors of domestic violence, and individuals with complex PTSD. This research informs training programs for providers, ensuring that Kaiser Permanente remains at the forefront of trauma-informed care.

Telehealth and EMDR at Kaiser Permanente

The expansion of telehealth services has been a significant development within Kaiser Permanente's behavioral health offerings. EMDR therapy, traditionally conducted in-person due to the need for guided eye movements or alternative bilateral stimulation methods, has adapted to virtual formats with promising results.

Telehealth EMDR sessions at Kaiser Permanente maintain clinical rigor while increasing convenience and reducing geographic barriers. This shift is particularly valuable for patients in rural areas or those with mobility constraints, broadening the reach of EMDR therapy within the Kaiser Permanente system.

Conclusion: Positioning Kaiser Permanente EMDR Therapy in Trauma Care

Kaiser Permanente EMDR therapy exemplifies the integration of a specialized, evidence-based mental health treatment within a comprehensive healthcare model. While access and provider availability may vary across regions, Kaiser Permanente's coordinated care approach offers patients a valuable pathway to trauma recovery. Balancing the strengths of integrated services with ongoing efforts to enhance accessibility and specialization, Kaiser Permanente continues to contribute meaningfully to the evolving landscape of trauma-informed mental health care.

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kaiser permanente emdr therapy: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets Marilyn Luber, 2015-08-19 EMDR Therapy is a psychotherapy approach based on standard procedures and protocols. This book is an important resource that focuses on applying EMDR Therapy to anxiety, obsessive-compulsive, and mood-related conditions using EMDR Therapy's standard procedures and protocols as its template. The scripts distill the essence of the Standard EMDR Protocols and reinforce the specific parts, sequence, and language used to create an effective outcome. Also, it illustrates how clinicians are using this framework to work with a variety of conditions while maintaining the integrity of the Adaptive Information Processing (AIP) model. Edited by a leading EMDR scholar and practitioner, it delivers step-by-step protocols that enable beginning practitioners as well as seasoned EMDR clinicians, trainers, and consultants to enhance their expertise more quickly when treating clients or groups of clients with these conditions. These chapters reflect the expertise of EMDR clinicians treating anxiety disorders including specific phobia, panic disorder, and generalized anxiety disorder; obsessive-compulsive disorders including body dysmorphic disorder, olfactory reference syndrome, and hoarding behaviors; and mood disorders including bipolar disorder, major depression, and postpartum depression. For each topic, the authors include relevant questions for history taking, helpful resources and explanations, frequently used negative and positive cognitions, and information on case conceptualization and treatment planning. Consisting of past, present, and future templates, the scripts are conveniently presented in an easy-to-use, manual-style format that facilitates a reliable, consistent procedure. Summary sheets for each protocol support quick retrieval of essential issues and components for the clinician when putting together a treatment plan for the client. These scripted protocols and completed summary sheets can be inserted right into a client's

chart for easy documentation. Key Features: Addresses working with issues related to clients with anxiety, obsessive-compulsive, and mood-related conditions such as specific fears and phobias, panic disorder with and without agoraphobia, body dysmorphic disorder, hoarding behaviors, bipolar disorder, depressive disorders, and postpartum depression prevention Describes how to use EMDR Therapy based on its standard procedures and protocols Provides step-by-step scripts that enable practitioners to enhance their expertise more quickly and to assist consultants with consultation Provides past, present, and future templates and the 11-step procedure essential to EMDR Therapy practice Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information Available in print, ebook, and CD-ROM

kaiser permanente emdr therapy: Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition Francine Shapiro, 2017-12-29 Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included--Amazon.com.

kaiser permanente emdr therapy: EMDR Francine Shapiro, Margot Silk Forrest, 2016-09-13 Discover the essential guide to Eye Movement Desensitization and Reprocessing therapy (EMDR) from its pioneering creator, Francine Shapiro Gain insights into how painful life experiences are physically stored in our brains and how EMDR therapy can bring relief. Learn how EMDR techniques can be used to address trauma-related conditions, PTSD, depression, anxiety, and other experience-based disorders by exploring clinical case studies. Understand why EMDR is hailed as the most important method to emerge in psychotherapy in decades. EMDR is fundamental reading for practicing psychotherapists and anyone interested in understanding trauma, healing processes, and achieving better mental health.

kaiser permanente emdr therapy: EMDR and the Relational Imperative Mark Dworkin, 2013-08-21 In this groundbreaking work, Mark Dworkin, an EMDR teacher, facilitator, and long-time practitioner, explores the subtle nuances of the therapeutic relationship and the vital role it plays in using Eye Movement Desensitization and Reprocessing (EMDR) with traumatized clients. Showing how relational issues play a key role in each phase of EMDR treatment, the author provides tools for the therapist to more efficiently apply this method in the treatment of trauma victims and form a stronger and healthier relationship with the patient. A standard reference for all practitioners working to heal the wounds of trauma, this book will be an essential resource for the effective application of EMDR.

kaiser permanente emdr therapy: EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment Arielle Schwartz, Barb Maiberger, 2018-08-07 A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive,

experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

kaiser permanente emdr therapy: A Clinician's Guide for Treating Active Military and Veteran Populations with EMDR Therapy E.C. Hurley, E.C. Hurley (Deceased), 2020-11-05
Authored by “the” foremost expert on providing EMDR therapy to the military/veteran population! Based on the profound expertise of the author—an EMDR therapist, consultant, and trainer who brings 33 years of military experience to his therapeutic work—this is a “how-to” manual on the unique treatment needs of active duty and veteran populations and how to help them using EMDR therapy. Following an examination of the defining characteristics and philosophy of military culture as they bear on effective therapeutic treatment, the book comprehensively applies the EMDR model to the active military/veteran population with a variety of presenting issues. Considering the clinical challenges of treating a population with repeated exposure to life-threatening experiences, moral injury, sexual assault, and other potentially debilitating trauma, the book addresses skill development, specific to EMDR treatment in detail. This go-to manual covers all the steps and processes of EMDR treatment from introducing EMDR therapy to the client to developing a sense of safety in the treatment arena. Allowing therapists trained in EMDR therapy to appropriately assess and address the clinical needs of the veteran by treating clients with both PTSD and traumatic brain injury; along with moral injury, military sexual trauma (MST), or suicidal ideation by recognizing and addressing avoidance and building motivation for treatment and treatment pitfalls. Case examples address clinical “stuck” points and a variety of treatment options when addressing a broad range of symptoms. The EMDR AIP model is incorporated into each case illustrating the veteran’s treatment goal, presenting symptoms, targeted memories, and clinical decision points in treatment. The print version of the book is also available in ebook format. Key Features: Addresses step-by-step EMDR skill development specific to this population Incorporates the EMDR eight-phase approach Delivers abundant case examples enhanced with clinical treatment options Includes a paradigm for evaluating the military and veteran’s initial clinical presentation Discusses treatment for clients with PTSD, traumatic brain injury, moral injury, sexual trauma, and suicidal ideation Considers the treatment needs of the military family · Includes a variety of helpful patient handouts

kaiser permanente emdr therapy: Handbook of EMDR and Family Therapy Processes Francine Shapiro, Florence W. Kaslow, Louise Maxfield, 2011-01-31 Starting with the Foreword by Daniel Siegel, MD, the Handbook demonstrates in superb detail how you can combine EMDR’s information processing approach with family systems perspectives and therapy techniques. An impressive and needed piece of work, Handbook of EMDR and Family Therapy Processes provides a clear and comprehensive bridge between individual and family therapies.

kaiser permanente emdr therapy: An EMDR Therapy Primer, Second Edition Barbara J. Hensley, 2015-07-28 With this Second Edition of An EMDR Therapy Primer, Dr. Hensley has created a very clear step-by-step guide to assist the newly trained EMDR clinician. Not only will it help transition training into practice but also help those trained earlier who are looking to update their skills. I highly recommend this book for any EMDR clinician wanting to assure fidelity to the model and methods.—Rosalie Thomas, RN, PhD I believe that Dr. Hensley has written a book that is simple, basic, and can mentor therapists who are EMDR trained and yet intimidated. This book brings us back to the basics.—Jennifer Lendl, PhD This is a step-by-step overview of the foundations of EMDR Therapy presented in easily accessible, conversational language. It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely, confidently, and effectively. The second edition is fully revised to reflect the evolution of EMDR to an integrative

psychotherapeutic approach and is intended for use as a companion to Francine Shapiro's seminal EMDR texts. It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions. An abundance of new information addresses EMDR versus EMDR; research on the mechanism, model, and methodology of EMDR Therapy; bilateral stimulation; ancillary targets; the why and the how of many key EMDR Therapy components; protocol for single and recent traumatic events; updated information about the cognitive interweave, future templates; and much, much more. The book provides concise coverage of the AIP model and EMDR principles, protocols, and procedures and addresses the types of targets accessed during the EMDR process. The book summarizes the Eight Phases of EMDR Therapy and the Stepping Stones of Adaptive Resolution the components of the standard EMDR protocol. The building blocks of EMDR Therapy past, present, and future are assessed with regard to appropriate targeting and successful outcomes, as are abreactions, blocked processing, and cognitive interweaves. Detailed case studies demonstrate strategies to assist the client in reaching adaptive resolution of trauma. New to the Second Edition: Completely revised and updated Reflects the evolution of EMDR to an integrative therapeutic approach Expands specialized EMDR techniques Includes new strategies to overcome obstacles Presents new transcripts and case studies Provides Derailment Possibilities to alert clinicians of potential obstacles to therapeutic success Extensive appendices include definitions for EMDR Therapy, EMDR Therapy scripts, and additional resources

kaiser permanente emdr therapy: *Emdr Essentials* Barb Maiberger, 2009-01-13 In easy-to-understand terms, Barb Maiberger explains EMDR to clients and, in turn, equips clinicians with a shorthand way of explaining it to their own patients. Topics include understanding trauma and its symptoms, how and why EMDR works (and when it won't), how to find the right therapist, and sample relaxation exercises.

kaiser permanente emdr therapy: A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants, Second Edition Andrew M. Leeds, 2016-02-03 Praise for the First Edition: This is an excellent guide to the theory and practice of EMDR. It provides great clarity to readers unsure of how this therapy is conducted. If you want to know about EMDR, this is the book to have. -Score: 100, 5 starsóDoody's This second edition of an acclaimed guide to the theory and practice of EMDR provides updated information regarding new evidence for its treatment efficacy and an in-depth presentation of state-of-the-art research on its mechanisms of action. The book reviews outcome studies suggesting EMDR's effectiveness for diagnoses beyond PTSD along with studies on its use for treatment of depression, with cancer patients, and with groups. It surveys new strategies on advanced EMDR therapy topics such as when treating dissociative and personality disorders, along with references for more in-depth information. The second edition also provides an expanded glossary and extensively updated references, and reflects changes corresponding to the DSM 5. The book delivers clear, concise treatment guidelines for students, practicing clinicians, supervisors, clinic directors, and hospital administrators involved in the treatment of those with PTSD, Specific Phobias, and Panic Disorder. For researchers conducting treatment outcome studies it provides easy-to-access treatment guidelines and a comprehensive set of fidelity checklists for all aspects of EMDR therapy. A multitude of new charts, forms, scripts, illustrations, tables and decision trees present key information clearly and concisely to guide treatment planning and documentation. Case studies with transcripts illustrate the different protocols and further guide practitioners of EMDR therapy in informed decision-making. New to the Second Edition: Describes updated information on mechanisms of action of EMDR therapy Presents new evidence-based EMDR therapy Delivers outcome studies for the use of EMDR with a broad range of diagnoses Surveys new research about using EMDR with cancer patients and those with severe depression Discusses the evolution of the theory of memory networks in EMDR therapy Examines the effectiveness of Bilateral Stimulation on adaptive memories and images Reflects changes resulting from DSM 5 Includes extensively updated and expanded references and glossary Provides new charts, forms, scripts, illustrations, decision trees and case studies illustrating different protocols Key Features: Presents an easy-to-use set of forms and scripts Focuses on safety and efficiency of EMDR therapy in many

situations Expands AIP model regarding using EMDR to resolve psychological defenses Discusses ethical issues in clinical application, consultation, supervision, and research

kaiser permanente emdr therapy: *EMDR and the Art of Psychotherapy With Children* Robbie Adler-Tapia, Carolyn Settle, 2023-05-22 The third edition presents innovative child and adolescent EMDR therapy approaches and tools designed to meet the challenges of today's youth Written for all EMDR child therapists—new and seasoned—this text is a comprehensive guide toward the effective practice of EMDR therapy with children, from infants to adolescents. It offers step-by-step instructions translating each of the eight phases in creative and developmentally appropriate ways for children and teenagers while providing advanced protocols for therapists. The third edition combines the updated guide and accompanying treatment manual into one volume for greater convenience. Chapters now integrate content, explanations, and instructions with associated checklists, protocols, and worksheets for quick access to crucial information. The book also provides new leading-edge chapters on EMDR therapy regarding telehealth, cultural and social responsiveness, and addictions and includes inventive methods, techniques, resources, and protocols. Additionally, the third edition features engaging exercises for target identification, a child client readiness checklist, and a brochure explaining EMDR therapy with children. The book offers abundant case examples, drawings, tables, detailed scripts, and complete instructions along with useful links and resources for therapists to apply in their practice. New to the Third Edition: Streamlines content, scripts, checklists, protocols and instructions combining them with the treatment manual in one handy book Introduces groundbreaking new chapters on EMDR therapy and telehealth, cultural and social responsiveness, and addiction—highlighting addictions to screens Expands Phase One of EMDR therapy—History-Taking, Case Conceptualization, and Treatment Planning—into two chapters emphasizing the complexity in working with children Addresses contemporary areas of trauma, including COVID-19, school refusal, climate change, school shootings, and political divisiveness Updates chapter references and resources and reflects gender neutral pronouns Key Features: Integrates powerful, creative play and art therapy interventions with EMDR therapy Offers child-friendly exercises for target identification Contains a reference table listing developmental adjustments to the eight phases of EMDR therapy for children 0 to 18 years old Provides a chapter on diagnoses specific to children, including attachment, dissociation, neurodiversity, and more

kaiser permanente emdr therapy: *Polyvagal-Informed EMDR: A Neuro-Informed Approach to Healing* Rebecca Kase, 2023-05-23 Linking two cutting-edge approaches to form a robust healing model. Polyvagal Theory and EMDR are two well-respected theoretical and practical models with immense implications for therapeutic practice. Polyvagal-Informed EMDR outlines a comprehensive approach for integrating Polyvagal Theory into EMDR Therapy. Individually, each model offers powerful pathways to healing. Combined, these models supercharge therapy and the recovery process. The integration of Polyvagal Theory within the eight phases of EMDR Therapy offers the psychotherapist a robust, dynamic, neuro-informed framework for case conceptualization, treatment planning, and client transformation. The approach applies not only to work with trauma and PTSD, but also in the treatment of addictions, anxiety, depression, grief, chronic pain, and adjustment disorders. EMDR therapists will find a method that maintains fidelity to the evidence-based practice of EMDR and aligns with current neuroscience research. Topics covered include the nervous system and toxic stress, neuroception, adaptive memory networks and autonomic resiliency, neuro-informed history taking, and the importance of therapeutic presence. Clinical interventions, scripts, and handouts are included for all eight phases of EMDR, as well as case examples and opportunities for experiential practice. This is the first book to treat these topics together: assessing complex material and presenting it in an approachable, engaging manner.

kaiser permanente emdr therapy: *Principles and Practice of Stress Management, Third Edition* Paul M. Lehrer, Robert L. Woolfolk, Wesley E. Sime, 2007-08-16 Structured for optimal use as a clinical reference and text, this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health

and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

kaiser permanente emdr therapy: Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy Mark Nickerson, 2016-08-04 This is definitely a book whose time has come. One of the brilliant aspects of the EMDR therapy approach is that it makes it clinically possible to cut through social issues, and yet maintain its cultural consonance. From multiple contributions around the world, each chapter brings significant insights into how EMDR therapy can be culturally attuned and yet efficacious in preserving the individuality of each client. Highly recommended for those therapists who work in multi-cultural settings. -Esly Regina Carvalho, Ph.D., Trainer of Trainers, EMDR Institute/EMDR Iberoamerica and President TraumaClinic do Brasil/TraumaClinic Edições, Brasilia, Brazil. Underscoring the importance of cultural competence, this groundbreaking book focuses on using EMDR therapy with specific populations, particularly those groups typically stigmatized, oppressed, or otherwise marginalized in society. Drawing on social psychology research and theory as well as social justice and social work principles, it delivers general protocols for EMDR intervention for recovery from the internalized effects of cultural mistreatment. Employing best-practice methods for cultural competence as EMDR therapy is introduced to new cultures worldwide, the editor and esteemed EMDR clinician-authors relay their experiences, insights, guidance, and lessons learned through trial and error while adapting EMDR interventions for cross-cultural competency and therapeutic effectiveness The text defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy that embraces authentic social identities and attends to the impact of socially based trauma. Chapters address using EMDR therapy to heal the trans-generational impact of Anti-Semitism, working with the LGBT population, treating an immigrant woman suffering from social anxiety, healing individuals with intellectual disabilities, the traumatizing effects of racial prejudice, harmful cultural messages about physical appearance, EMDR therapy attuned to specific cultural populations and socially based identities, and many other scenarios. The text is replete with step-by-step treatment guidelines to help clients recover from traumatic life events, dos and don'ts, and common adaptive and maladaptive cultural beliefs. Key Features: Defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy Offers innovative protocols and strategies for treating socially based trauma within the EMDR model Presents best practice methods for cultural competence Includes step-by-step treatment guidelines and dos and don'ts Written by highly esteemed EMDR clinician-authors

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lifted its ban on all testing of psychedelic substances. Winkelman and Sessa now provide updated scientific research and applications of these substances, now moving into approved categories of medicine. The text is an up-to-date assessment of the latest advances in the field of psychedelic medicine, covering the use of LSD, psilocybin, MDMA, ayahuasca, and other substances to augment psychotherapies for a range of disorders. It discusses medical and psychiatric concerns, clinical efficacy and safety, ethical considerations, and neuroscience findings regarding the psychedelic compounds. Topics covered include an overview of psychiatric applications of psychedelics; treatments for addictions and depressive disorders; effects of psychedelics on inflammation and neuroplasticity; evidence for clinical applications of DMT, ayahuasca, and cannabidiol; psychedelic treatment of sociopathic disorders; microdosing psychedelics; training psychedelic therapists; and community-based harm reduction approaches to managing psychedelic crises.

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