



# **Eye movement desensitization and reprocessing (EMDR) scripted protocols: Treating Anxiety, Obsessive-Compulsive, and Mood-Related Conditions**

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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 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, 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.

Comprised 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 while 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 post-partum 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 eleven-step procedure essential to the standard of EMDR practice
- Includes summary sheets for each protocol to facilitate the gathering and quick retrieval of client information
- Available in print, EBook, and CD-ROM
- Expandable and editable digital format for easy access and customized tailoring to therapist's needs
- Includes templates for repeat use

## About the Author:

**Marilyn Lubner, PhD**, is a licensed clinical psychologist and has a general private psychology practice, working with adolescents, adults, and couples, especially with Complex Posttraumatic Stress Disorder (C-PTSD), trauma and related issues, and dissociative disorders in Center City, Philadelphia, Pennsylvania. In 1992, Dr. Francine Shapiro trained her in Eye Movement Desensitization and Reprocessing (EMDR). Since 1997, she has coordinated trainings in EMDR-related fields in the greater Philadelphia area. She teaches Facilitator and Supervisory trainings and other EMDR-related subjects both nationally and internationally and was on the EMDR Task Force for Dissociative Disorders. She was on the Founding Board of Directors of the EMDR International Association (EMDRIA) and served as the Chairman of the International Committee until June 1999. In 1997, Dr. Lubner was given a Humanitarian Services award by the EMDR Humanitarian Association. Later, in 2003, she was presented with the EMDR International Association's award "For Outstanding Contribution and Service to EMDRIA" and in 2005, she was awarded "The Francine Shapiro Award for Outstanding Contribution and Service to EMDR."

In 2001, through EMDR HAP (Humanitarian Assistance Programs), she published, *Handbook for EMDR Clients*, which has been translated into eight languages; the proceeds from sales of the handbook go to EMDR HAP organizations worldwide. She has written the "Around the World" and "In the Spotlight" articles for the EMDRIA Newsletter, four times a year since 1997. From 2009- present, Dr. Lubner has edited *Eye movement desensitization and reprocessing (EMDR) scripted protocols: Basics and special situations* (Springer Publishing Company) and *Eye movement desensitization and reprocessing (EMDR) scripted protocols: Special populations* (Springer), *Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters: Models, Scripted Protocols and Summary Sheets* (2014, Springer), *Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols With Summary Sheets: Treating trauma and stressor-related conditions and this text* (2015, Springer). *Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols With Summary Sheets: Medical-related issues* is expected to publish in 2016 (Springer).

In 2014, she was a member of the Scientific Committee for the EMDR Europe Edinburgh Conference. Currently, she is a facilitator for the EMDR Global Alliance to support upholding the standard of EMDR worldwide, and runs Consultation Groups for EMDR practitioners.

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