



# **A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants**

*Andrew M. Leeds PhD*

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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 stars**

--Doody's

Learning to use EMDR safely and effectively requires the integration of a wide range of knowledge and skills. This guide serves as an orientation to the clinical, professional, and risk management issues that EMDR practitioners face in their daily practice.

Following the eight-phase model of EMDR, the book provides clear, detailed guidelines to utilizing the standard EMDR protocols for treatment of posttraumatic stress disorder, phobias, and panic attacks. Included are guidelines for case formulation, treatment planning, and preparing patients for EMDR reprocessing. The guide also contains sample consultation agreements and forms for documenting case summaries and treatment outcomes.

## **Key features:**

- Includes charts, forms, illustrations, tables, and decision trees to guide treatment planning and documentation
- Presents case studies with transcripts illustrating the different protocols, as well as guidelines for informed decision making
- Discusses ethical issues in clinical application, consultation, supervision, and research

With clear, concise treatment guidelines on the clinical use of EMDR, this book serves as an invaluable resource for practicing clinicians, supervisors, consultants, and clinic directors."

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