



EMDR Made Simple: 4 Approaches to Using EMDR with Every Client

Jamie Marich

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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. Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical examples, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients. "After completing both Part I and II EMDR training I felt somewhat lost in how to tailor my personal approach with clients while maintaining the integrity of the EMDR method. Dr. Marich's book not only illuminated the way for me but gave me the confidence I needed to expand my private practice using EMDR. Her vast clinical experience, directed resources and practical hands on examples demonstrated to me the usefulness of EMDR for a range of clients. *EMDR Made Simple* is an easy to read guide to EMDR greatly influenced by Dr. Marich's friendly and very personable style. Her 4 approaches to EMDR allow the reader to find a mode that works for them while not compromising the best practices efficacy of the EMDR protocol." ~Karen Anderson, M.S., LMFT Private Practice, Las Vegas, NV "I am convinced that eye-movement desensitization and reprocessing (EMDR) is the most important psychological discovery since Freud. The only problem seems to be the early EMDR researchers, who were very successful in terms of demonstrating that clinical efficacy of EMDR, may have prematurely 'locked into' a rather strict protocol that could have benefited from some improvements along the way. Dr. Marich provides a very thoughtful analysis of this issue. Her work will do much to help us evaluate both the future of EMDR, and many of its various derivatives." ~Allan Botkin, Psy.D. *Induced After Death Communication: A New Therapy for Healing Grief and Trauma* "Unlike many authors and EMDR practitioners who have attempted to –and for decades have succeeded in– shrouding this efficient, effective trauma modality in secrecy and mystique-imbuing fear and doubt in many trauma-competent clinicians, Marich clarifies, simplifies and sheds much needed light on this heretofore esoteric process." ~Linda Curran, BCPC, LPC, CACD, CCPD *Trauma competency: A Clinician's Guide* "I applaud Dr. Marich for expanding the accessibility of the EMDR Approach even further. *EMDR Made Simple*...provides an inclusive scope sending a clear message of mutual respect while supporting an understanding of the EMDR Approach uniting the therapeutic community. A must read for all clinicians!" ~Earl Grey, Ph. D. *Unify Your Mind: Connecting the Feelers, Thinkers, and Doers of Your Brain* "Dr. Marich has shown her years of wisdom and professional experience to write a captivating book on EMDR. Her touching stories about her own recovery from trauma will inspire the reader to empathize with the struggles of their patients. Dr. Marich uses her struggles as metaphors to help the reader understand complex treatment protocols while encouraging readers to adapt theory and protocol to their own personal style of therapy. This is a must read book for both beginning and experienced therapists." ~Douglas Darnall, Ph.D. *Divorce Casualties and Beyond Divorce Casualties*

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