



# **EMDR Therapy and Mindfulness for Trauma-Focused Care**

*Jamie Marich , Stephen Dansiger*

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Based on the belief that mindfulness is a critical component in the delivery of EMDR, this innovative text integrates mindfulness-informed practice with EMDR therapy to create an effective new approach for healing trauma. Based on current evidence-based research, the book demonstrates--with clear, step-by-step guidelines--how clinicians can conceptualize and deliver trauma-focused care in both mental health and addiction treatment. Infused with practical applications, the book offers clearly articulated and effective approaches that provide a concrete beginning, middle, and end of treatment planning.

Following a description of the long history of mindfulness practices, the book offers guidelines for developing one's own mindfulness practice--emphasizing the use of trauma-focused language--and suggestions for teaching specific techniques to clients. The book describes both classic and creative mindfulness practices, including breath awareness/sensory grounding, breath meditation, body scanning, feeling tone meditation, labeling, standing meditation, walking meditation, and loving-kindness meditation, along with using day-to-day objects as a meditative focus, movement practices, the expressive arts, and other forms of creativity.

### **Key Features:**

Offers a complete framework for healing trauma by integrating mindfulness-informed practice with EMDR therapy

Provides clearly articulated, step-by-step approaches that are evidence-based

Authored by noted experts in EMDR and mindfulness-based therapies

Includes guidelines for developing one's own mindfulness practice and tools for teaching specific practices to clients

Describes both classic and creative mindfulness practices

## **EMDR Therapy and Mindfulness for Trauma-Focused Care Details**

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## **From Reader Review EMDR Therapy and Mindfulness for Trauma-Focused Care for online ebook**

### **Bill W says**

If you're not familiar with trauma and EMDR, you should read this book. As someone who has personally experienced a vast amount of it, works with clients who have as well, and been in this therapy for 2+ years, I can tell you it is transformative.

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