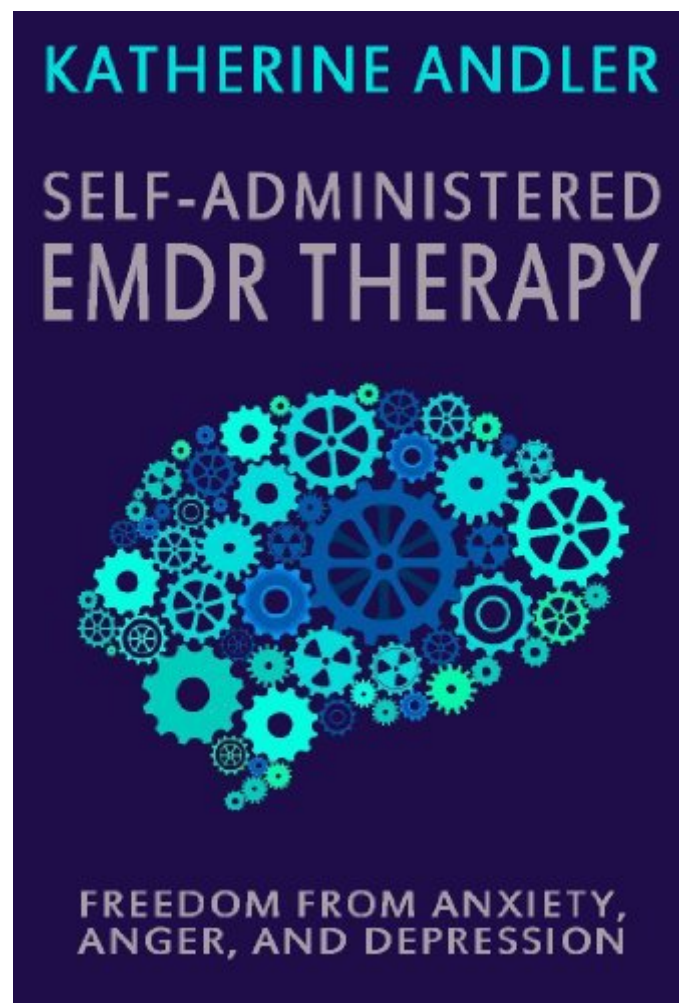




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# Self-Administered EMDR Therapy: Freedom From Anxiety, Anger And Depression



## Synopsis

Eye Movement Desensitization and Reprocessing (EMDR) therapy has been used for over two decades to heal anxiety, depression, anger, and the many more symptoms of having unprocessed memories in our brains. Whether we've experienced small or major trauma, and whether we are aware of the foundation of our issues, EMDR will desensitize disturbing and painful thoughts, sensations, images, and emotions, and turn around our negative beliefs. This guide explains the theory behind the therapy, and what to expect from self-administered EMDR. It provides a framework for self-help so that you can apply the 8 stages of EMDR correctly without the need of a therapist.

## Book Information

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## Customer Reviews

Very interesting read. I also went to have EMDR therapy done and it was so amazing. It really helped me.

It was a very helpful book and was well priced.

very small and a waste of time.

This book explained the benefits of EMDR but did not teach any techniques. It may be a good introduction but you need to move on and read the other books to use it on yourself and help others.

EMDR is a very powerful technique. Adler's ebook is almost like a short book report of Shapiro's book on EMDR. The overview is good, but unlike Shapiro's book, Adler's text doesn't give any real specifics of what kind of images might come up and what kind of experiences you might have. "You don't know what you don't know" and that can be dangerous. After some sessions, my brain has been so tired that I couldn't safely drive home. Adler's text tells the reader to go to YouTube or read articles to get more information, which was kind of cop out. Thinking about a young person sitting alone in a dorm room with an EMDR YouTube video and unlocking a painful, forgotten memory is kind of horrifying actually. Will they really be able to cope enough to remember the butterfly hug? A well researched informational book on a topic should have most of the information in the text for the reader. By sending readers to find articles (none of these were listed in the references section) it gave this reader the impression that the author didn't read many sources and research studies to be qualified to recommend this independent approach. Although the author does mention a study, it is not cited properly nor listed under the resources. I am skeptical about three times in one week being okay and not leading to flooding- the downtime is a very important part of this process. Seeing a professional who has been trained in EMDR is important because they can help you unpack some of the unprocessed memories once revealed and help you put them in context in terms of learning and growing. As someone who has been through EMDR treatment, I would recommend it highly- after reading Shapiro's book and going to the safe place of a qualified practitioner's office. If you aren't willing to make the commitment to go all the way with EMDR, then mindful meditation would probably be a better "at home" treatment for you. As far as Adler's book- it is a quick, cheap read and gives some information (kind of like a book report) but it doesn't go far enough. Shapiro's book is the authoritative guide and well worth the extra time and money.

This small book is only small in size. It has concise but hands on information on how to self administer EMDR principles and techniques to small or big issues in your life. Great value for anyone who wants a first approach to self administered EMDR.

Really good explanation

Excellent summary of emdr techniques. Really useful clear and fully recommended. You need read the Francine Shapiro book also. Is my personal recommendation.

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