



emdriaTM
CONFERENCE 2026

VIRTUAL BOOKSTORE





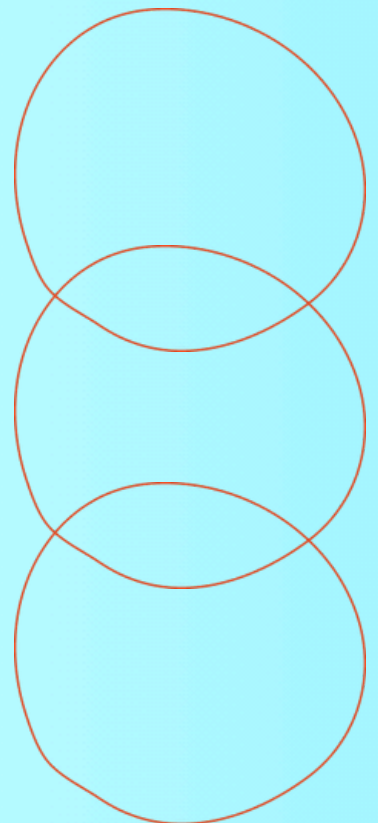
Welcome to the EMDRIA Conference Virtual Bookstore

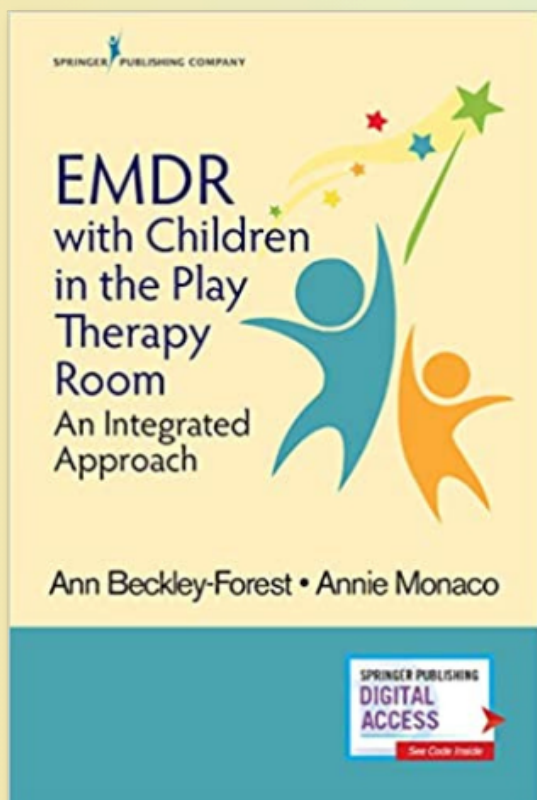
This packet features a collection of books submitted and authored/edited by this year's conference speakers, exhibitors and/or sponsors.

Whether you're looking to deepen your understanding of EMDR therapy, explore new perspectives or continue learning after the conference, we hope you'll discover valuable resources throughout these pages.

The Virtual Bookstore is intended as a convenient resource for attendees. Inclusion does not constitute an endorsement, recommendation or approval by EMDRIA™ of any publication, author, publisher or the views expressed therein.

Thank you for supporting the authors, exhibitors and sponsors who help advance the EMDR community through their work and contributions.





BOOK

EMDR with Children in the Play Therapy Room: An Integrated Approach

AUTHORs

Ann Beckley-Forest
Annie Monaco

PUBLICATION YEAR

2020

PUBLISHER

Springer

ABOUT THE BOOK

This guidebook fully integrates the theoretical foundations and practical applications of play therapy and EMDR in order to maximize healing in children with trauma.

By highlighting the work of innovative EMDR therapists and play and expressive art therapists and their pioneering clinical work, the authors provide a fully integrated approach to using EMDR in a play therapy context while being faithful to both play therapy principles and the 8 phases of the EMDR standard protocol.

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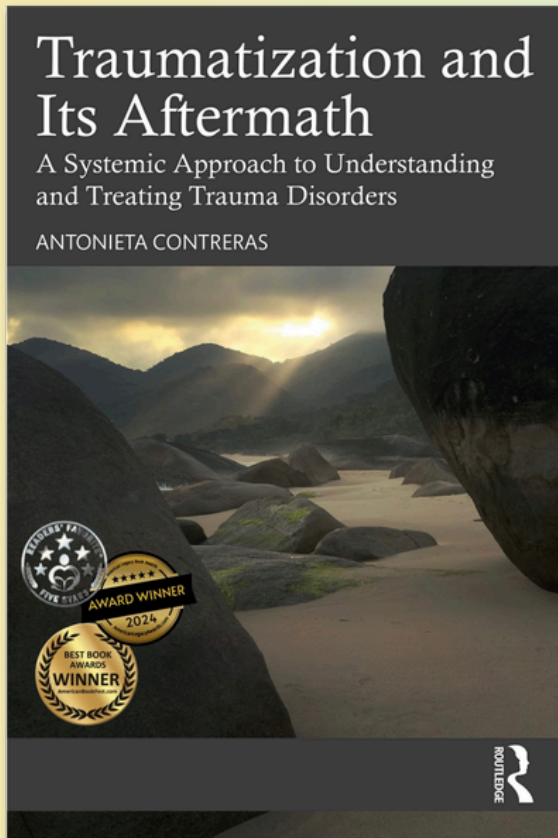
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SUBMITTED BY

Ann Beckley-Forest

Speaker

Exhibitor



BOOK

Traumatization and Its Aftermath: A Systemic Approach to Understanding and Treating Trauma Disorders

AUTHOR

Antonieta Contreras

PUBLICATION YEAR

2023

PUBLISHER

Routledge

ABOUT THE BOOK

Traumatization and Its Aftermath guides readers through each element of the personalized struggle for survival and offers compassionate and patient explanations on how to shorten this struggle and prevent it.

Packed with detailed resources and accessible storytelling, this book is a must read for anyone looking to better understand the mind, body, and natural ability to heal. Readers gain insights into trauma's diverse forms and the importance of understanding traumatization on an individual level.

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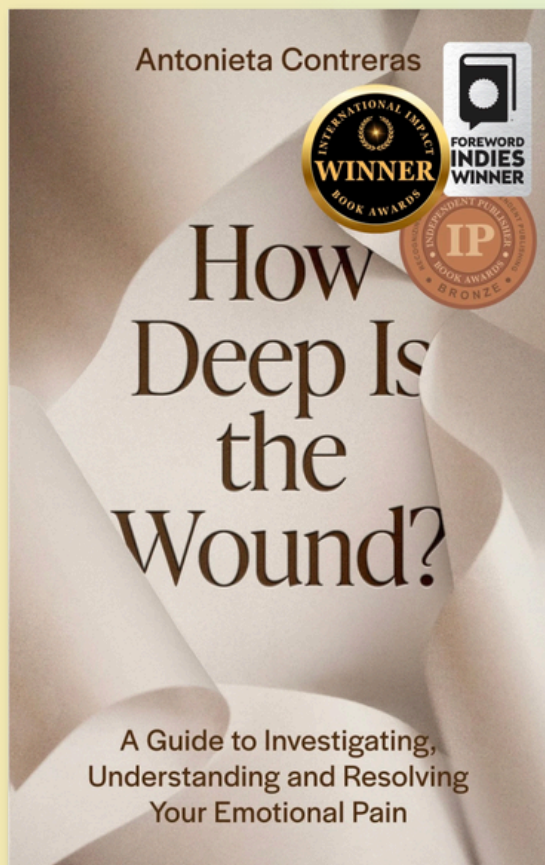
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SUBMITTED BY

Antonieta Contreras

Speaker



BOOK

How Deep Is the Wound?: A Guide to Investigating, Understanding, and Resolving Your Emotional Pain

AUTHOR

Antonieta Contreras

PUBLICATION YEAR

2025

PUBLISHER

Sentiment Publishing

ABOUT THE BOOK

When you understand the actual depth of your wounds, you can choose interventions that match their severity. This prevents both under-treatment that leaves you unresolved and over-treatment that creates unnecessary pathology.

You will spend less time on ineffective approaches and focus your energy on strategies that are effective for your specific situation. This book avoids both toxic positivity and victim mentality, acknowledging real suffering while emphasizing human capacity for growth and adaptation.

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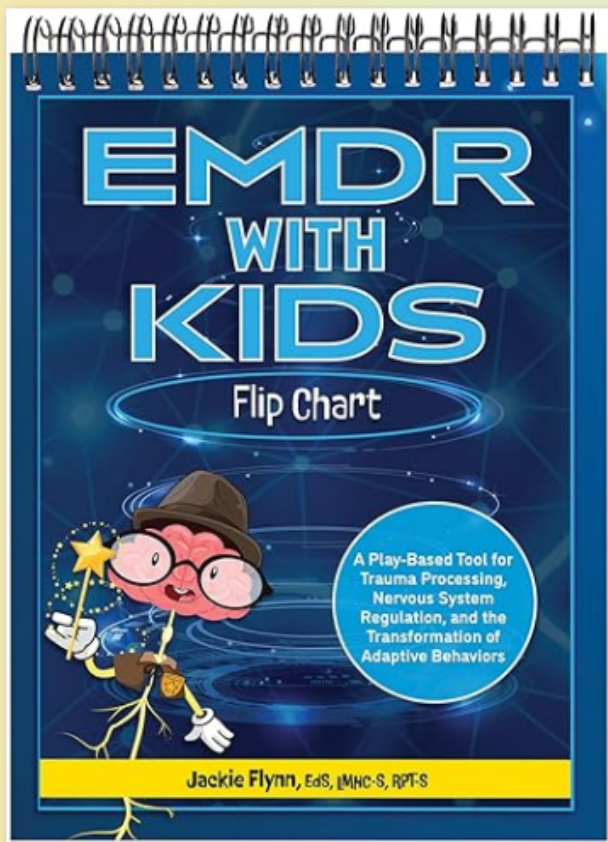
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SUBMITTED BY

Antonieta Contreras

Speaker



BOOK

EMDR with Kids Flip Chart: A Play-Based Tool for Trauma Processing, Nervous System Regulation, and the Transformation of Adaptive Behaviors

AUTHOR

Jackie Flynn

PUBLICATION YEAR

2024

PUBLISHER

PESI Publishing

ABOUT THE BOOK

EMDR with Kids Flip Chart is a developmentally responsive, play-based tool for using EMDR with children and teens.

Grounded in the eight phases of EMDR therapy, play therapy principles, and nervous system awareness, this spiral-bound flip chart includes colorful activities, scripts, and guidance for regulation, resourcing, bilateral stimulation, imagery, movement, and trauma processing. Designed for in-session use, it helps clinicians bring creativity, structure, and attunement to EMDR work with young clients.

LINK TO PURCHASE

www.amazon.com/EMDR-Kids-Flip-Chart-Transformation/dp/1683737725

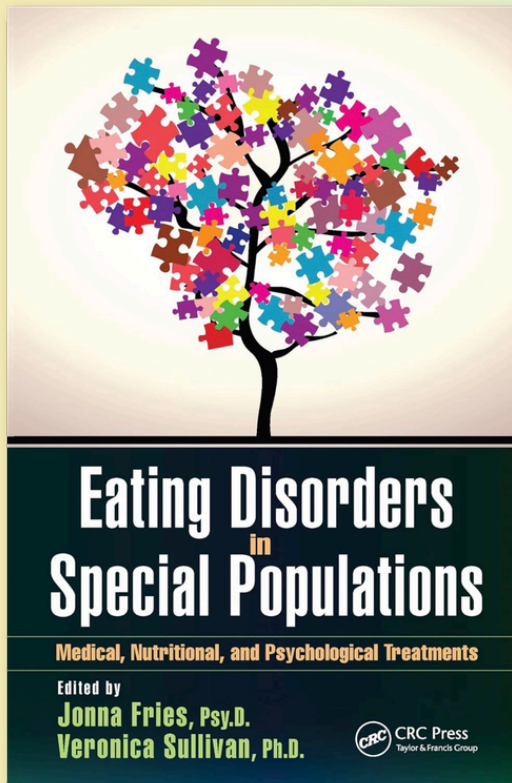
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SUBMITTED BY

Jackie Flynn

Speaker

Exhibitor



BOOK

Eating Disorders in Special Populations: Medical, Nutritional, and Psychological Treatments

EDITORS

Jonna Fries
Veronica Sullivan

PUBLICATION YEAR

2019

PUBLISHER

Taylor & Francis

ABOUT THE BOOK

Eating Disorders in Special Populations equips physicians, dietitians, and psychotherapists to effectively assess and treat eating disorders across diverse populations.

Written by leading experts, it integrates medical, nutritional, and psychological perspectives into a clear, practical resource. Readers will deepen their understanding of eating disorder etiology, culturally responsive care, and interdisciplinary treatment, strengthening clinical competence while fostering hope and improved outcomes for patients and providers alike.

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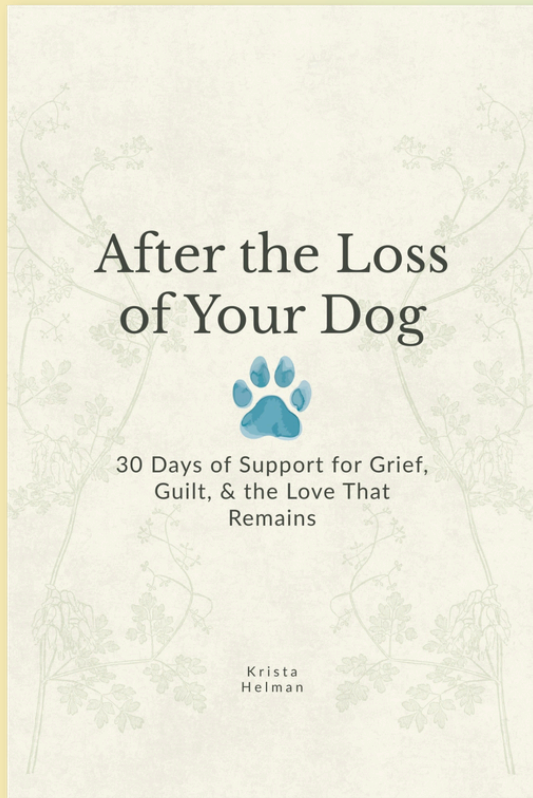
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SUBMITTED BY

Jonna Fries

Speaker



BOOK

After the Loss of Your Dog: 30 Days of Support for Grief, Guilt, & the Love That Remains

AUTHOR

Krista Helman

PUBLICATION YEAR

2026

PUBLISHER

FernAura Press

ABOUT THE BOOK

Losing a dog can feel like losing a part of your daily life—your routines, your sense of comfort, and a source of unconditional connection. The quiet can feel louder, and the absence can show up in unexpected ways.

This 30-day journal offers support through grief at your own pace. Each day includes a short reflection and a single prompt, creating space to process your emotions without pressure or expectation.

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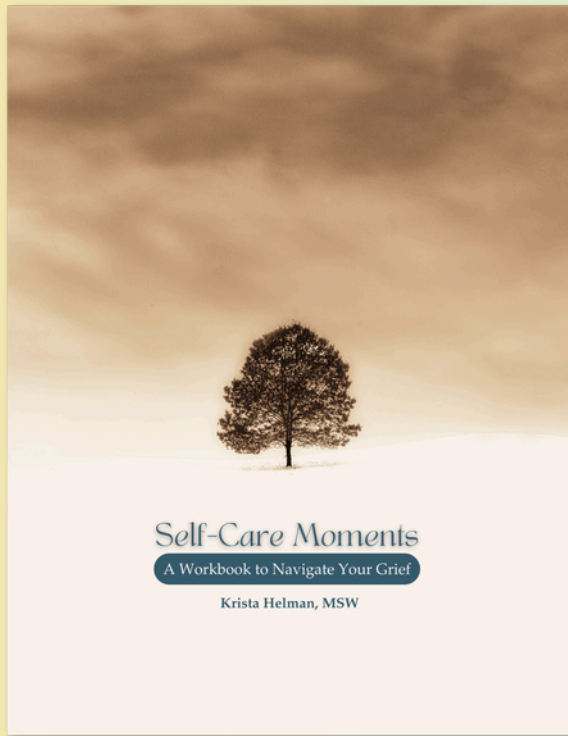
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SUBMITTED BY

Krista Helman

Speaker



BOOK

Self-Care Moments: A Workbook to Navigate Your Grief

AUTHOR

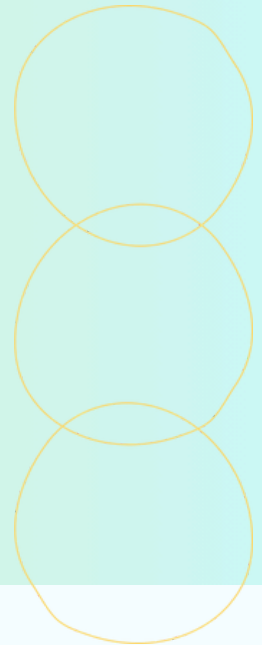
Krista Helman

PUBLICATION YEAR

2024

PUBLISHER

FernAura Press



ABOUT THE BOOK

Created by a social worker and therapist, *Self-Care Moments: A Workbook to Navigate Your Grief* is a compassionate guide for anyone experiencing loss, designed to help you process grief and discover moments of healing.

Whether used alone or with the self-help book *Over the Rainbow: The Love, Loss, & Legacy of Your Dog*, this workbook offers a range of activities—including journaling, guided meditations, and hands-on reflections—to deepen understanding and foster meaningful insights.

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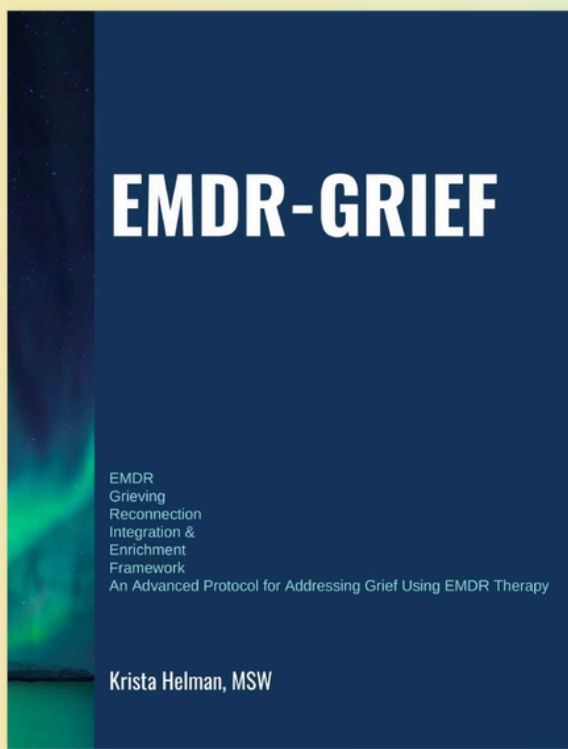
www.kristahelman.com/books

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SUBMITTED BY

Krista Helman

Speaker



BOOK

EMDR Grieving Reconnection Integration & Enrichment Framework (EMDR-GRIEF): An Advanced Protocol for Addressing Grief Using EMDR Therapy

AUTHOR

Krista Helman

PUBLICATION YEAR

2024

PUBLISHER

FernAura Press

ABOUT THE BOOK

This book is a clinician-focused official companion manual to the EMDR-GRIEF training offered by social worker and therapist Krista Helman, MSW.

Grounded in the Adaptive Information Processing model and organised across four arcs—Grieving, Reconnection, Integration, and Enrichment—it translates EMDR's eight phases into clear steps with ready-to-use scripts. It covers the full continuum of grief while honouring attachment, continuing bonds, and a spectrum of natural responses, including After-Death Communication. Intended for EMDR-trained clinicians.

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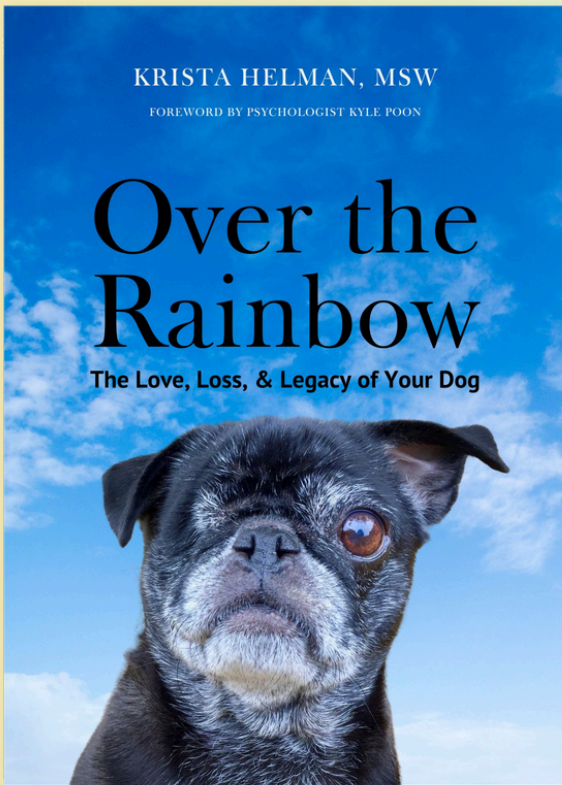
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Krista Helman

Speaker



BOOK

Over the Rainbow: The Love, Loss, & Legacy of Your Dog

AUTHOR

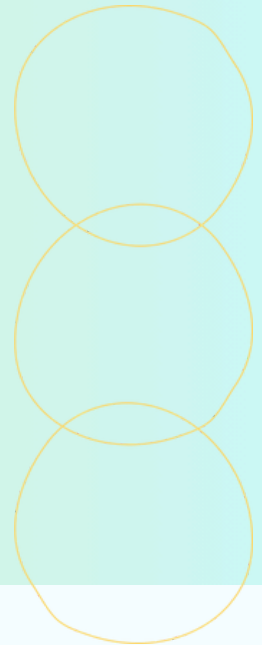
Krista Helman

PUBLICATION YEAR

2024

PUBLISHER

FernAura Press



ABOUT THE BOOK

Explore the profound grief that follows the loss of a beloved pet. Discover why dogs hold a special place in our hearts, the reason we feel so much pain from their death, and chart a path forward.

This book validates your grief and reveals the healing power of renewing connection after death. Through guided meditations and hands-on reflection, this book helps you understand your grief and shows you how to reconnect with love and joy.

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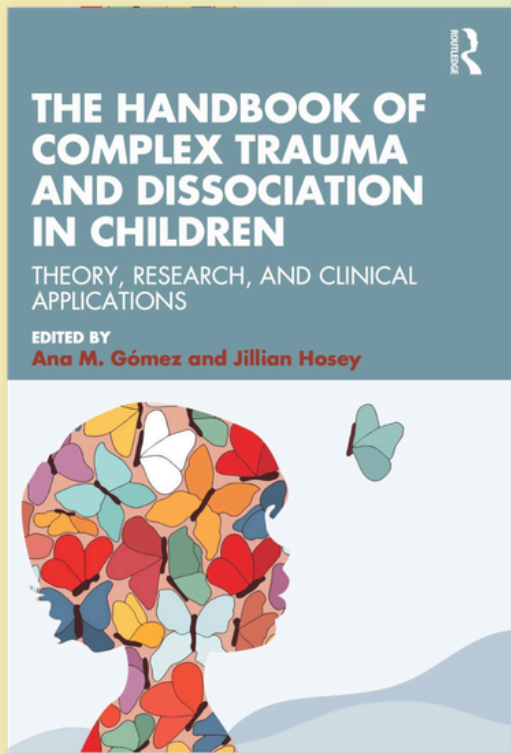
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SUBMITTED BY

Krista Helman

Speaker



BOOK

The Handbook of Complex Trauma and Dissociation in Children: Theory, Research, and Clinical Applications

EDITORS

Ana M. Gómez
Jillian Hosey

PUBLICATION YEAR

2025

PUBLISHER

Routledge

ABOUT THE BOOK

The Handbook brings together leading international experts to provide a comprehensive, evidence-informed guide to understanding, assessing, and treating complex trauma and dissociation in children.

Integrating diverse theoretical perspectives with current research and practical clinical applications, the handbook covers neurobiology, attachment, assessment, diagnosis, case conceptualization, and treatment across development, making it an essential resource for clinicians, researchers, educators, and advanced students.

LINK TO PURCHASE

<https://a.co/d/0ePhRCyR>

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SUBMITTED BY

Jillian Hosey

Ana M. Gómez

Speaker

Speaker



BOOK

United We Serve, United We Heal: A Practical Guide to Healing Racial Trauma

AUTHOR

Arielle N. Jordan

PUBLICATION YEAR

2024

PUBLISHER

KDP

ABOUT THE BOOK

In *United We Serve, United We Heal: A Practical Guide to Healing Racial Trauma*, Dr. Arielle Jordan explores the impact of racial trauma and offers practical tools for healing, resilience, and connection.

Drawing from her clinical work and military experience, she guides readers through the SCARS to STARS Framework to better understand their experiences, reclaim their voice, and move forward. This book supports veterans, mental health professionals, and anyone seeking personal and collective healing.

LINK TO PURCHASE

<https://a.co/d/0dQ9gA8R>

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SUBMITTED BY

Arielle Jordan

Speaker



BOOK

Holding Space: My Story of Grief, Remembering, and Thriving After Traumatic Loss

AUTHOR

Arielle Jordan

PUBLICATION YEAR

2023

PUBLISHER

KDP

ABOUT THE BOOK

In *Holding Space: My Story of Grief, Remembering, and Thriving After Traumatic Loss*, Dr. Arielle Jordan shares her journey after losing her daughter, Jordyn Da'yana, and learning to carry grief while continuing to live.

Through her story, Dr. Jordan invites readers to honor what they have lost, give themselves grace, and make intentional choices about what comes next. *Holding Space* reminds readers that grief can change us without ending our story—and thriving is still possible.

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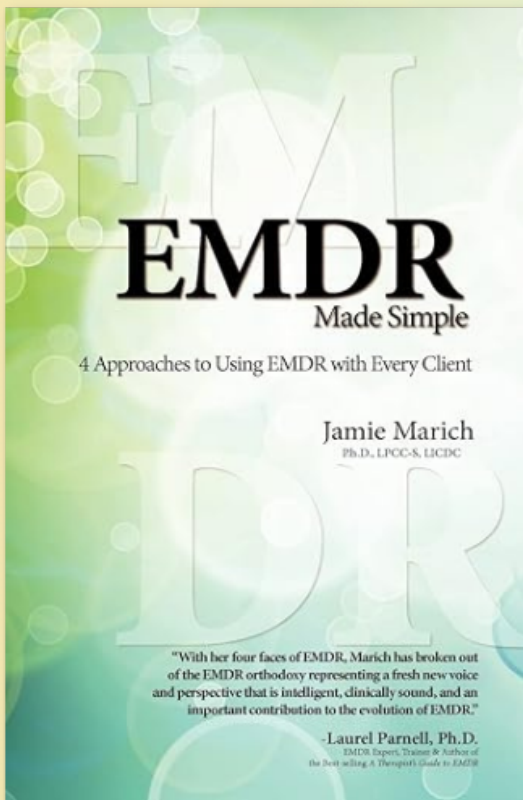
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SUBMITTED BY

Arielle Jordan

Speaker



BOOK

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

AUTHOR

Jamie Marich

PUBLICATION YEAR

2011

PUBLISHER

PESI

ABOUT THE BOOK

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.

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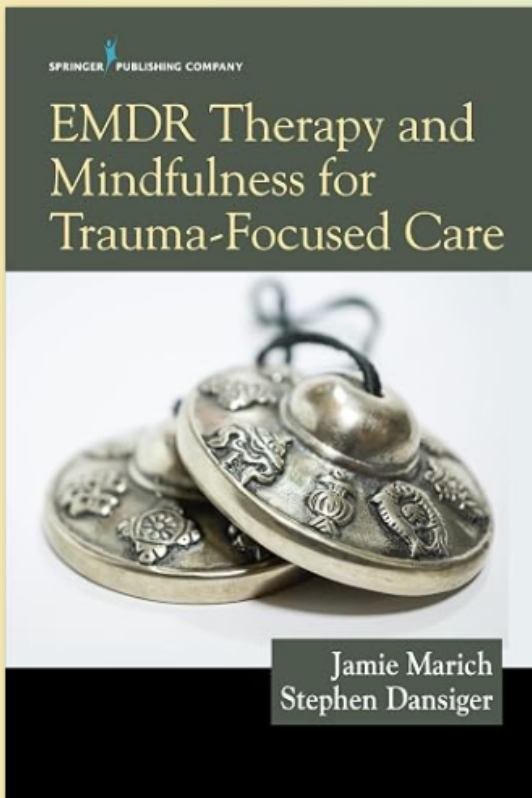
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SUBMITTED BY

Jamie Marich

Exhibitor



BOOK

EMDR Therapy and Mindfulness for Trauma-Focused Care

AUTHORS

Jamie Marich
Stephen Dansiger

PUBLICATION YEAR

2017

PUBLISHER

Springer Publishing Company

ABOUT THE BOOK

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. Based on current evidence-based research, the book demonstrates, with clear, step-by-step guidelines, how clinicians can conceptualize and deliver trauma-focused care.

The book offers clearly articulated approaches to treatment planning and guidelines for developing one's own mindfulness practice, emphasizing trauma-focused language and teaching specific techniques to clients.

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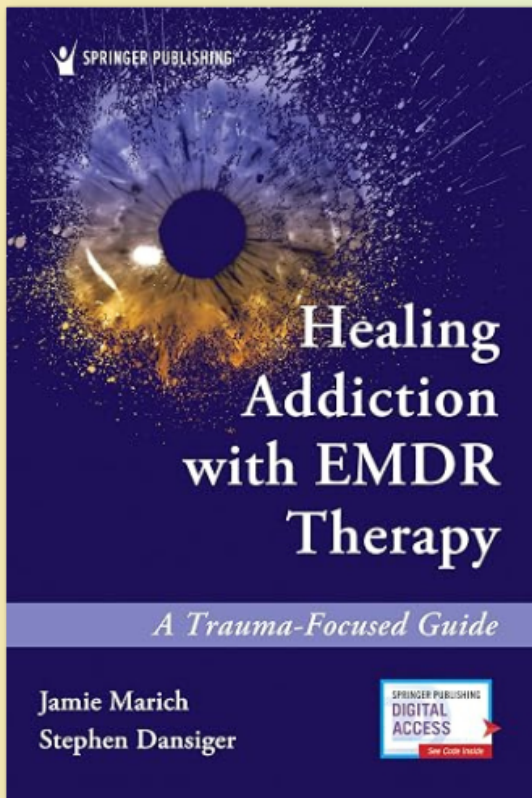
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Jamie Marich

Stephen Dansiger

Exhibitor

Speaker



BOOK

Healing Addiction with EMDR Therapy: A Trauma-Focused Guide

AUTHORS

Jamie Marich
Stephen Dansiger

PUBLICATION YEAR

2021

PUBLISHER

Springer Publishing Company

ABOUT THE BOOK

This guide underscores the efficacy of EMDR therapy as a modality for treating trauma and addiction. Targeting the trauma beneath addiction, it presents best practices and strategies and guides practitioners in incorporating their protocols of choice into EMDR treatment.

Written in user-friendly language, the book helps therapists address the complexity of addictive disorders by providing a comprehensive guide to the standard eight-phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment.

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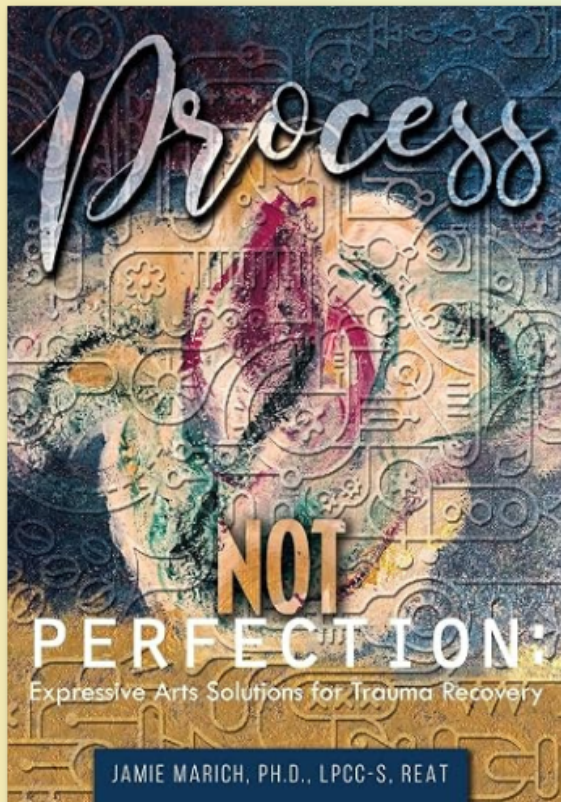
SUBMITTED BY

Jamie Marich

Stephen Dansiger

Exhibitor

Speaker



BOOK

Process Not Perfection: Expressive Arts Solutions for Trauma Recovery

AUTHOR

Jamie Marich

PUBLICATION YEAR

2019

PUBLISHER

Creative Mindfulness Media

ABOUT THE BOOK

Expressive arts therapy offers a wide range of potential solutions for trauma survivors by working with multiple expressive pathways in a variety of combinations.

This book invites you into artmaking, music, dancing, movement, writing, and other expressive practices to cultivate your existing strengths and help you step outside of your comfort zone. Explore how the practices of expressive arts can best support your healing and recovery journey.

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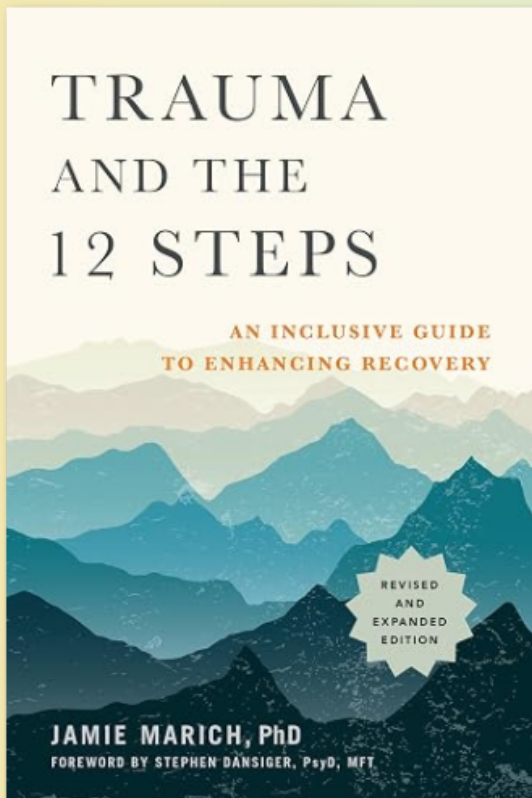
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SUBMITTED BY

Jamie Marich

Exhibitor



BOOK

Trauma and the 12 Steps: An Inclusive Guide to Recovery

AUTHOR

Jamie Marich
Stephen Dansiger (foreword)

PUBLICATION YEAR

2020

PUBLISHER

North Atlantic Books

ABOUT THE BOOK

Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care.

Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person—not just the addiction—to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills.

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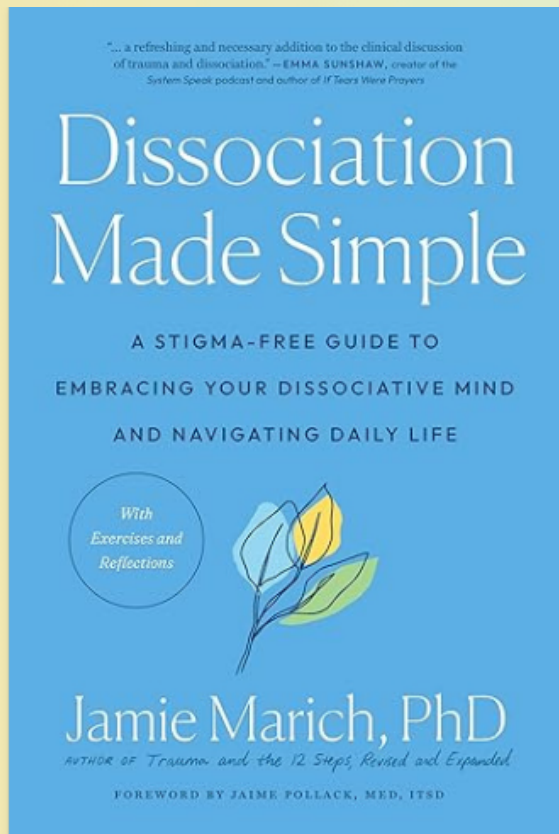
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Jamie Marich

Stephen Dansiger

Exhibitor

Speaker



BOOK

Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Daily Life

AUTHORS

Jamie Marich

Jaime Pollack (foreword)

PUBLICATION YEAR

2023

PUBLISHER

North Atlantic Books

ABOUT THE BOOK

Guided by clinical counselor Jamie Marich—a trauma-informed clinician living with a dissociative disorder—this book tells you everything you need to know about dissociation. With practical exercises this book is written for those diagnosed with dissociative disorders, clinicians and therapists, and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder (DID).

Dissociation Made Simple breaks it down accessibly and comprehensively, with empowerment and support—without stigma, judgment, or shame.

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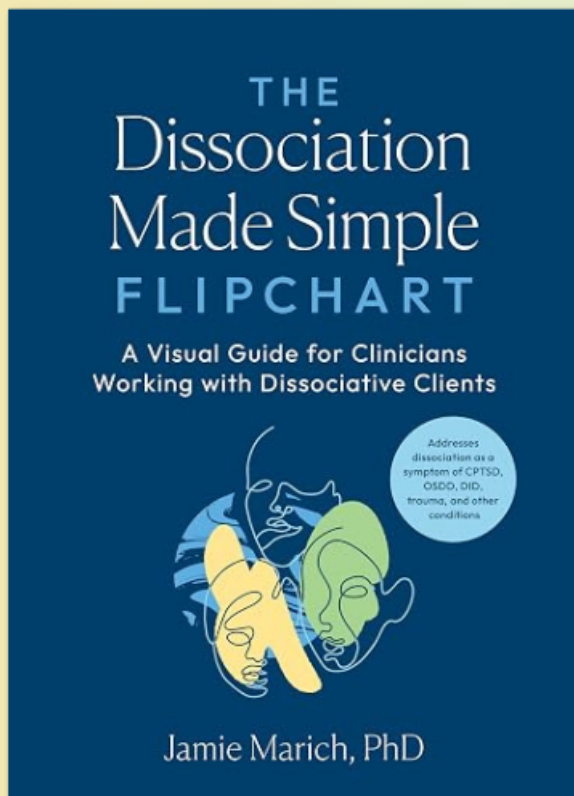
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SUBMITTED BY

Jamie Marich

Exhibitor



BOOK

Process Not Perfection: Expressive Arts Solutions for Trauma Recovery

AUTHOR

Jamie Marich

PUBLICATION YEAR

2024

PUBLISHER

North Atlantic Books

ABOUT THE BOOK

This easy-to-use, dry-erasable flip chart helps therapists break down the basics of dissociation: what it is, why it happens, and how it can be understood—and embraced. The full-color *Dissociation Made Simple Flipchart* builds on Jamie Marich's bestselling book and expands your clinical toolkit.

Designed to be interactive and user-friendly in-session, it offers easy-to-understand definitions, unique client-centered exercises, flexible language options, and visual activity pages illustrated to meet the needs of clients with different learning styles.

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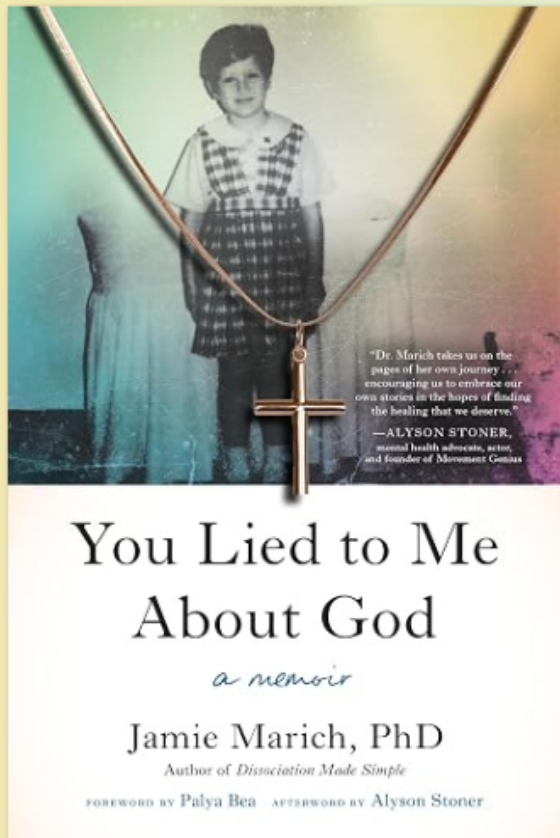
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SUBMITTED BY

Jamie Marich

Exhibitor



BOOK

You Lied to Me About God: A Memoir

AUTHOR

Jamie Marich

PUBLICATION YEAR

2024

PUBLISHER

North Atlantic Books

ABOUT THE BOOK

You Lied to Me About God explores the schisms that erupt when faith is weaponized. With resilience, strength, and clarity, Marich takes readers through a coming-of-age marked by addiction, escapism, misogyny, and abuse.

When Marich embarks on pilgrimage she reckons with what it means to come home to a faith that heals and accepts her as she is: in her queerness, in her body, and in her deep relationship to an expansive and loving God.

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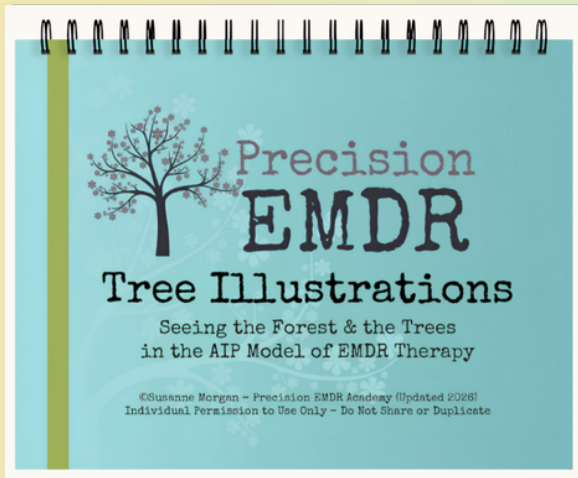
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SUBMITTED BY

Jamie Marich

Exhibitor



BOOK

Precision EMDR Tree Illustrations: Seeing the Forest & the Trees in the AIP Model of EMDR Therapy

AUTHOR

Susanne Morgan

PUBLICATION YEAR

2026

PUBLISHER

Precision EMDR Academy

ABOUT THE BOOK

Designed to support psychoeducation and case conceptualization, this visual companion to EMDR therapy makes the AIP model tangible for clients (and clinicians!).

Using the metaphor of the forest and the trees, it maps trauma memory networks, adaptive information, memory reprocessing, complex developmental trauma, and dissociation. Available in PDF and print. Printed version made with Wire-O binding and 70lb satin-finished paper. Print copies available for pickup at the Precision EMDR booth 126 with proof of purchase.

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training.precisionemdr.com/tree-book-EMDRIA

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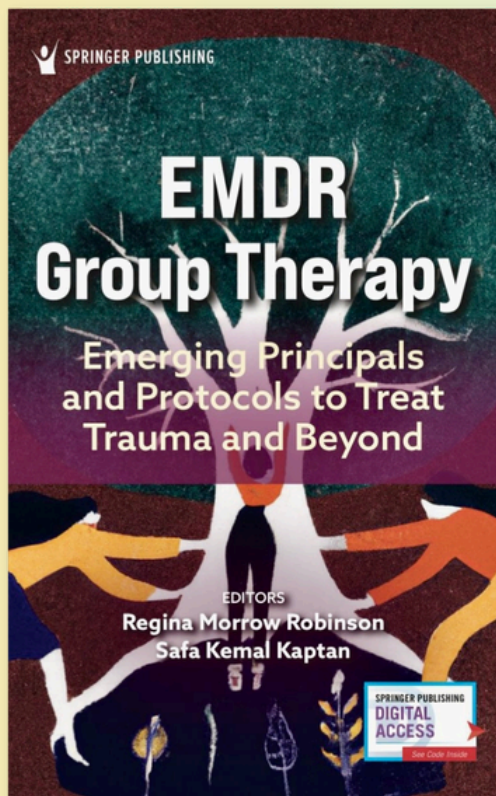
SUBMITTED BY

Susie Morgan

Speaker

Exhibitor

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BOOK

EMDR Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond

EDITORS

***Regina Morrow Robinson
Safa Kemal Kaptan***

PUBLICATION YEAR

2023

PUBLISHER

Springer Publishing

ABOUT THE BOOK

EMDR Group Therapy offers a practical, scalable approach to trauma care, helping practitioners deliver effective, culturally adaptable treatment across diverse settings and populations.

This handbook explains key theory, compares nine group protocols within EMDR's eight phases, and highlights task sharing for nonspecialist facilitators. With case examples, learning objectives, discussion questions, cultural competence guidance, pocket guides, and a glossary, it equips clinicians to apply group EMDR in disasters, schools, addictions, grief, refugee support, and more.

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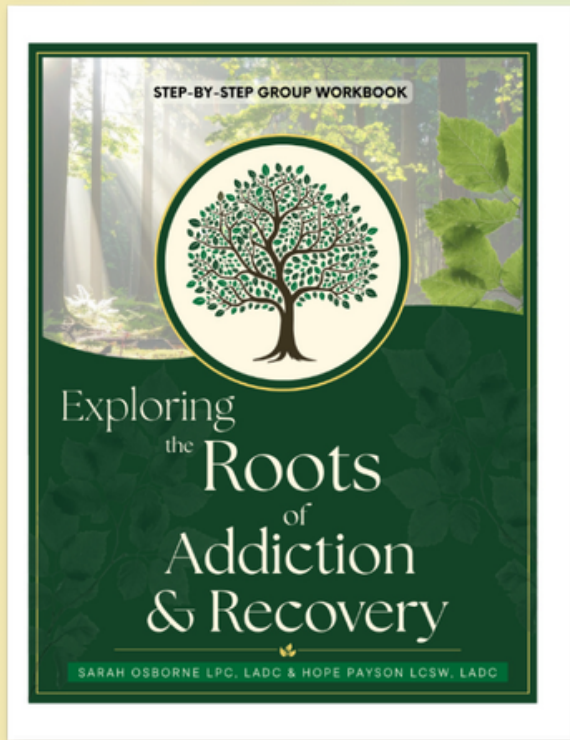
www.amazon.com/dp/0826152945

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SUBMITTED BY

Reg Morrow Robinson

Speaker



BOOK

Exploring the Roots of Addiction & Recovery

AUTHORS

Sarah Osborne
Hope Payson

PUBLICATION YEAR

2026

PUBLISHER

TSB Publishing

ABOUT THE BOOK

This workbook provides a detailed and scripted process that helps individuals safely explore the roots of their addiction and develop a foundation for recovery in a group. It guides group members to develop and practice stabilization skills, identify trauma and addiction memory networks, and recognize negative cognitions or themes.

For EMDR Therapists, it provides a map to navigate Phases 1 & 2 in a group process, preparing participants for the next phases of EMDR Therapy.

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sarahosbornecounseling.com/books

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SUBMITTED BY

Sarah Osborne

Speaker



BOOK

Take The Struggle Out of Self-Care: 6 Weeks to Create Your Self-Care Strategy

AUTHOR

Yunetta Smith

PUBLICATION YEAR

2022

PUBLISHER

Ground Breakers

ABOUT THE BOOK

Take the Struggle Out of Self-Care is a practical, six-week guided workbook designed to help readers build a healthier, more sustainable relationship with self-care.

Through reflective journal prompts, daily activities, and actionable strategies, it helps uncover the barriers to rest, joy, and well-being while supporting the creation of a personalized self-care plan. Whether you're feeling overwhelmed, burned out, or simply ready for change, this workbook provides a roadmap to help you move from surviving to thriving.

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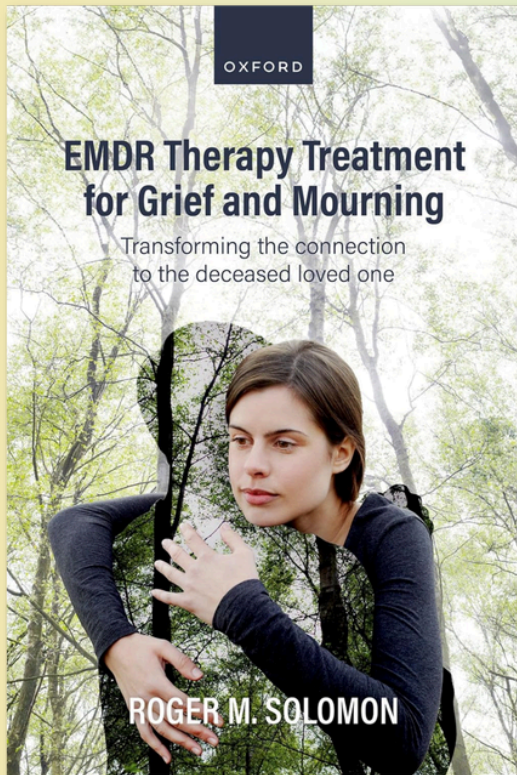
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SUBMITTED BY

Yunetta Smith

Speaker



BOOK

EMDR Therapy Treatment for Grief and Mourning: Transforming the connection to the deceased loved one

AUTHOR

Roger M. Solomon

PUBLICATION YEAR

2024

PUBLISHER

Oxford University Press

ABOUT THE BOOK

The loss of a loved one is deeply painful, often stripping the mourner of safety, connection, and life balance. EMDR therapy helps process the trauma of loss and the obstacles blocking healthy mourning.

In this book, Roger M. Solomon guides therapists through treatment by explaining grief reactions and the mourning process, offering a comprehensive EMDR treatment model, and showing how EMDR fosters positive, heartfelt connection through meaningful memories of the deceased.

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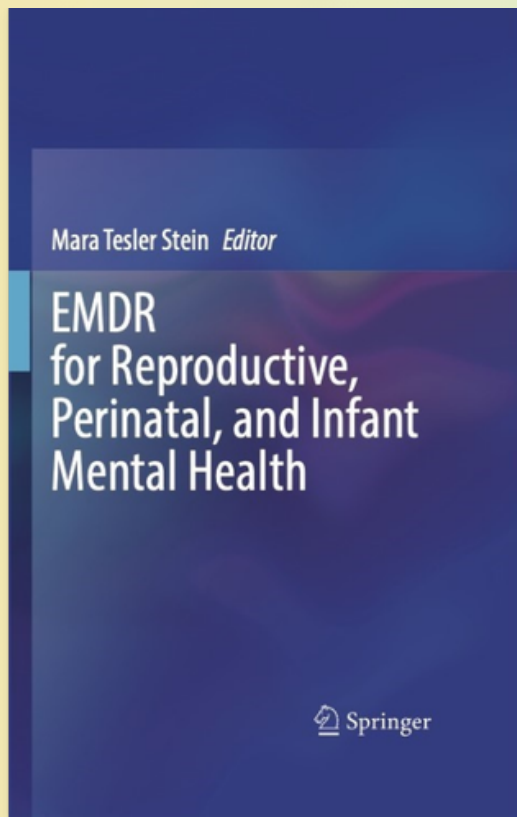
www.amazon.com/EMDR-Therapy-Treatment-Grief-Mourning/dp/0198881363

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SUBMITTED BY

Roger Solomon

Speaker



BOOK

EMDR for Reproductive, Perinatal and Infant Mental Health

EDITOR

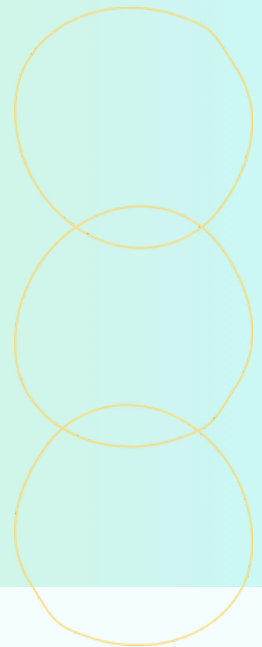
Mara Tesler Stein

PUBLICATION YEAR

2026

PUBLISHER

Springer



ABOUT THE BOOK

The first comprehensive EMDR-focused volume devoted to reproductive, perinatal, postpartum, infant, and early relational mental health, this clinically grounded guide brings together a global, interdisciplinary group of experts. It addresses best practices, EMDR's eight phases, treatment guidelines for specific populations, and case conceptualization informed by perinatal development and the Adaptive Information Processing model.

Accessible and practical, it equips both specialists and generalist EMDR therapists to recognize and treat complex reproductive and perinatal trauma effectively worldwide.

LINK TO PURCHASE

link.springer.com/book/9783032316264

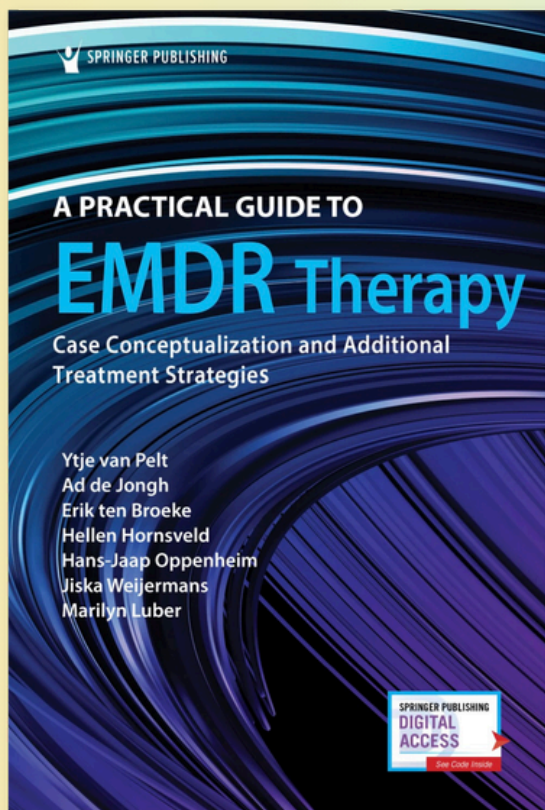
SUBMITTED BY

Mara Tesler Stein

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Speaker

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BOOK

A Practical Guide to EMDR Therapy: Case Conceptualization and Additional Treatment Strategies

AUTHORS

Ytje van Pelt, Ad de Jongh, Erik ten Broeke, Hellen Hornsveld, Hans-Jaap Oppenheim, Jiska Weijermans, Marilyn Lubert

PUBLICATION YEAR

2025

PUBLISHER

Springer Publishing

ABOUT THE BOOK

Grounded in the Adaptive Information Processing (AIP) model, this EMDR guide offers step-by-step, trauma-informed guidance for treating CPTSD, trauma-related disorders, and co-occurring conditions. It introduces six trauma-sensitive pathways for identifying core memories and includes structured protocols, adaptable interventions, clinical case examples, and the latest research and innovations.

Written for both new and experienced clinicians, it supports evidence-based, trauma-focused EMDR practice.

LINK TO PURCHASE

www.springerpub.com/a-practical-guide-to-emdr-therapy-9780826156181.html

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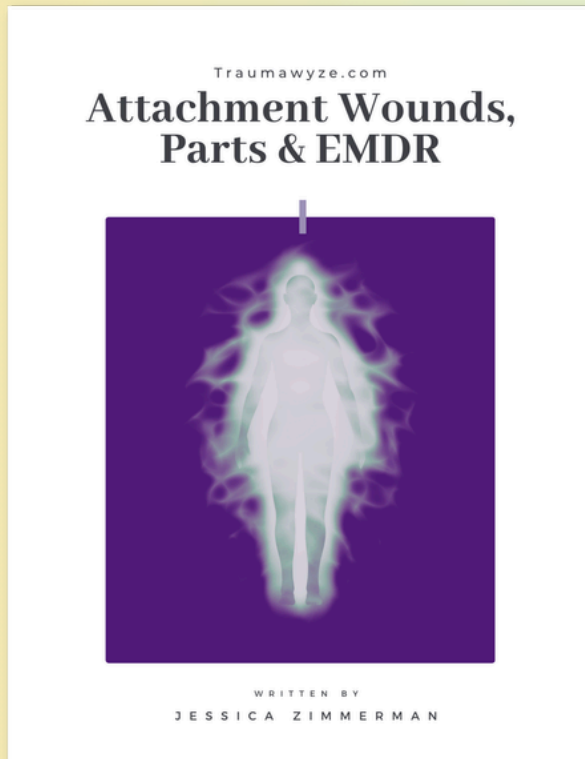
Jiska Weijermans

Marilyn Lubert

Speaker

Speaker

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BOOK

Attachment Wounds, Parts, & EMDR

AUTHOR

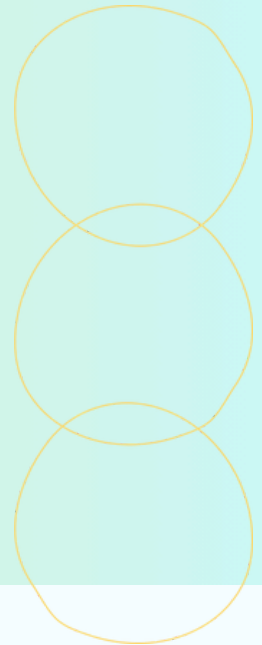
Jessica Zimmerman

PUBLICATION YEAR

2026

PUBLISHER

Self



ABOUT THE BOOK

Designed for mental health clinicians, this practical e-book offers a step-by-step guide to integrating EMDR with parts work to heal attachment wounds. Learn how to identify and work with protective and wounded parts, strengthen internal resources, and process developmental trauma with greater precision.

Grounded in attachment theory and EMDR principles, this guide provides strategies, flow charts, questions, case examples, and interventions to deepen healing and improve clinical outcomes.

LINK TO PURCHASE

[willlowcenterforhealing.thrivecart.com/
attachment-wounds-parts-emdr/](http://willlowcenterforhealing.thrivecart.com/attachment-wounds-parts-emdr/)

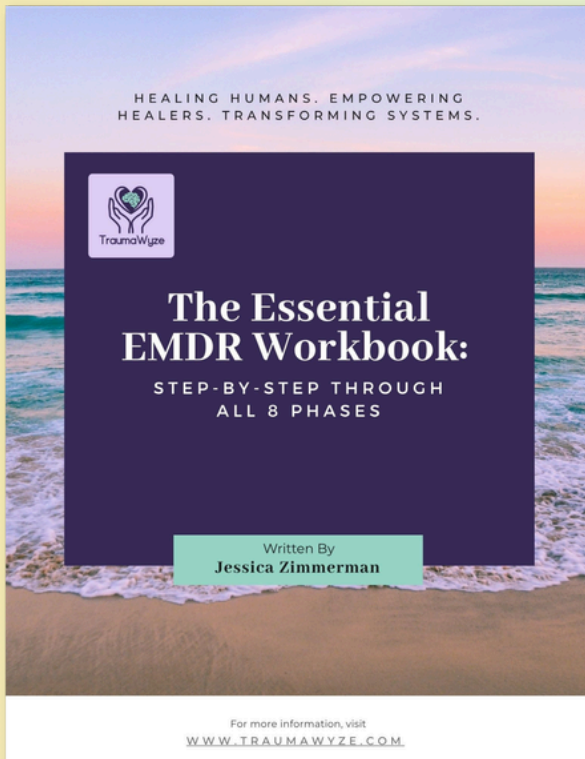
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BOOK

The Essential EMDR Workbook: Step by Step through all 8 phases

AUTHOR

Jessica Zimmerman, LMHC

PUBLICATION YEAR

2025

PUBLISHER

Self

ABOUT THE BOOK

The Essential EMDR Workbook is a practical guide designed to build clinician confidence and competence in EMDR therapy. It combines foundational EMDR principles with worksheets, case conceptualization tools, resourcing exercises, treatment planning guides, scripts, assessments, and practical interventions for immediate clinical application.

Integrating attachment theory, parts work, somatic strategies, mindfulness, and evidence-informed EMDR techniques, it serves as both a comprehensive training companion and an ongoing clinical reference for ethical, effective, compassionate trauma treatment.

LINK TO PURCHASE

willowcenterforhealing.thrivecart.com/emdr-8-stages-workbook/

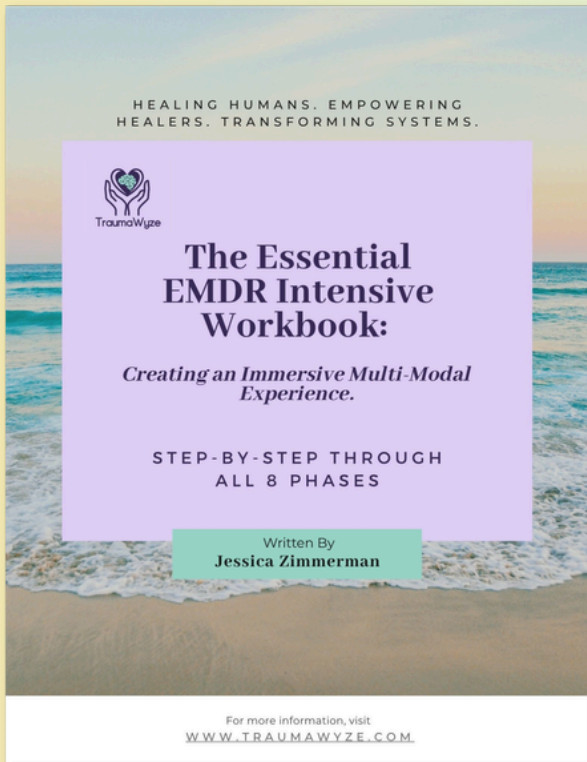
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BOOK

The Essential EMDR Intensive Workbook: Creating an Immersive Multi-Modal Experience. Step by Step through all 8 phases.

AUTHOR

Jessica Zimmerman, LMHC

PUBLICATION YEAR

2025

PUBLISHER

Self

ABOUT THE BOOK

The Essential EMDR Intensive Workbook is a step-by-step guide to designing and delivering immersive, multi-modal EMDR intensives across all eight phases of the EMDR model.

It equips clinicians with practical scripts, assessments, worksheets, treatment planning tools, flowcharts, consent forms, and clinical resources to confidently facilitate comprehensive, client-centered intensive therapy that integrates evidence-based EMDR with complementary interventions for transformative healing.

LINK TO PURCHASE

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