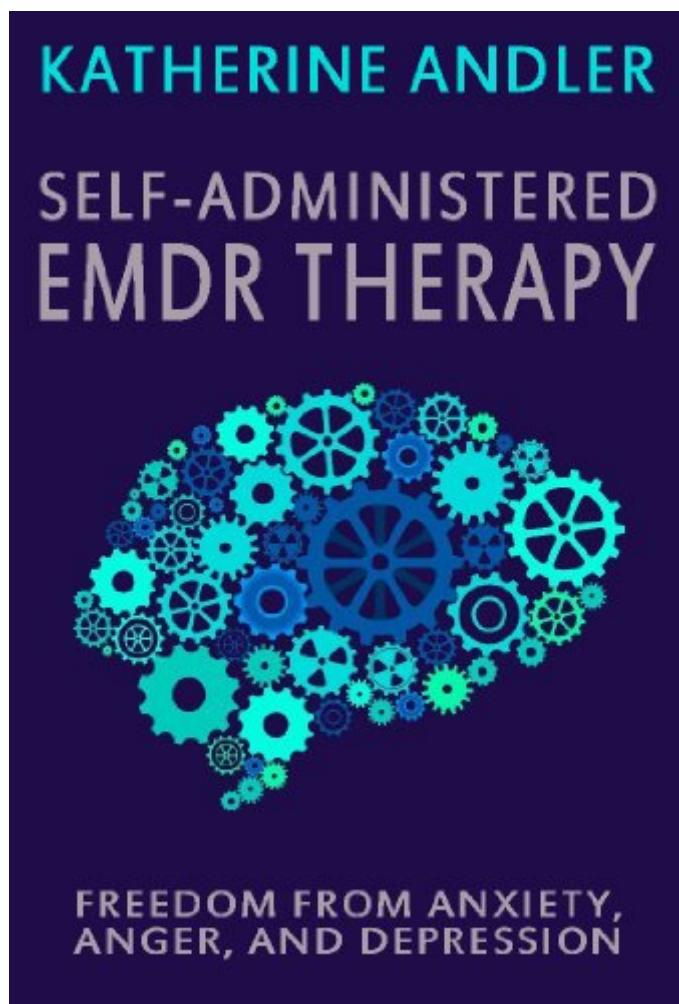


The book was found

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

File Size: 312 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publisher: Serpens Publishing; 1st edition (April 23, 2013)

Publication Date: April 23, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00G239MV2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #53,294 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Depression #27 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Self-Help #59 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

EMDR is a very powerful technique. Andler's ebook is almost like a short book report of Shairo's book on EMDR. The overview is good, but unlike Shapiro's book, Andler'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.

[Download to continue reading...](#)

Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) EMDR: The Breakthrough

Therapy for Overcoming Anxiety, Stress, and Trauma Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014) Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions

[Dmca](#)