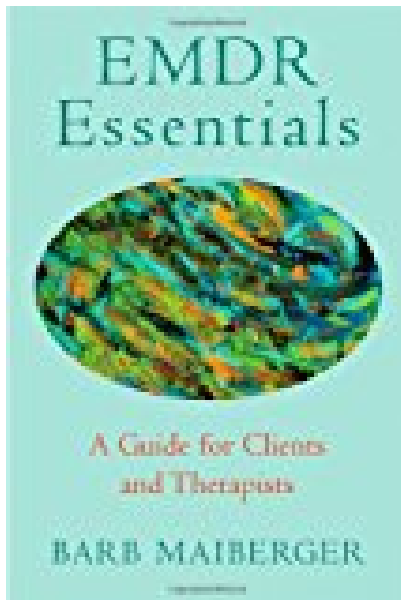


EMDR Essentials A Guide for Clients and Therapists



BOOK DETAILS

- Author : Barb Maiberger
- Pages : 240 Pages
- Publisher : W. W. Norton & Company
- Language : English
- ISBN : 0393705692



BOOK SYNOPSIS

In easy-to-understand terms, Barb Maiberger explains EMDR to clients and, in turn, equips clinicians with a shorthand way of explaining it to their own patients. Topics include understanding trauma and its symptoms, how and why EMDR works (and when it won't), how to find the right therapist, and sample relaxation exercises.

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