

ifs and emdr training

****Unlocking Healing Potential: A Deep Dive into IFS and EMDR Training****

ifs and emdr training represents a powerful combination of therapeutic approaches that many mental health professionals are eager to master. As the demand for effective trauma-informed care continues to grow, understanding how to integrate Internal Family Systems (IFS) and Eye Movement Desensitization and Reprocessing (EMDR) can truly transform a clinician's practice. Whether you're a seasoned therapist or a counselor just starting out, exploring these trainings offers insight into two innovative methods that address complex emotional and psychological wounds.

Understanding IFS and EMDR: Foundations of Two Transformative Therapies

Before delving into the specifics of training, it's helpful to grasp the core principles behind IFS and EMDR. Both approaches have gained prominence due to their unique ways of helping clients process trauma and foster internal healing.

What is Internal Family Systems (IFS)?

Developed by Dr. Richard C. Schwartz, IFS therapy is centered around the idea that our mind is composed of multiple "parts," each with its own perspectives and roles. Some parts may hold pain or trauma, while others act as protective agents. The goal of IFS is to facilitate harmony among these parts and help the individual access their "Self," the calm, compassionate inner leader.

In practice, IFS therapists guide clients to engage with their different parts, fostering self-awareness and healing through non-judgmental dialogue. This approach has been especially effective for clients dealing with trauma, anxiety, depression, and relationship issues.

What is Eye Movement Desensitization and Reprocessing (EMDR)?

EMDR is a structured therapy developed by Francine Shapiro that helps individuals process and heal from traumatic memories. It involves recalling distressing events while simultaneously engaging in bilateral stimulation, such as guided eye movements or tapping.

The bilateral stimulation is believed to facilitate the brain's natural healing processes, reducing the emotional impact of traumatic memories and enabling clients to reframe negative beliefs. EMDR is widely recognized for its effectiveness in treating PTSD, but it has also been applied to a range of emotional challenges including phobias and grief.

Why Pursue IFS and EMDR Training?

For therapists, understanding both IFS and EMDR expands their toolkit and enhances the ability to tailor treatment to individual client needs. Training in these methods provides structured knowledge, hands-on practice, and ethical guidelines that ensure safe and effective application.

Enhanced Trauma-Informed Care

Trauma is complex and often multifaceted, requiring nuanced approaches. IFS's focus on internal parts and EMDR's emphasis on processing traumatic memories complement each other well. When clinicians are trained in both, they can offer integrative care that addresses trauma from multiple angles.

Professional Growth and Versatility

IFS and EMDR are both evidence-based and respected approaches, making them valuable credentials for professionals in psychology, counseling, social work, and related fields. Training programs often provide certification, enhancing credibility and opening doors to specialized client populations.

Personal and Clinical Transformation

Many therapists report that undergoing IFS and EMDR training is not only professionally enriching but personally transformative. The experiential nature of these trainings often leads to deeper self-awareness and empathy, qualities essential for therapeutic success.

What Does IFS and EMDR Training Involve?

Training programs vary in length, format, and depth, but most share common elements designed to equip practitioners with the skills and confidence to implement these therapies.

Core Components of IFS Training

IFS training typically unfolds in multiple levels:

- **Introductory Workshops:** These sessions provide foundational knowledge about the IFS model, including understanding parts, the Self, and basic techniques.
- **Advanced Trainings:** Focus on complex cases, deeper experiential exercises, and integrating IFS with other therapeutic modalities.

- **Certification:** For clinicians seeking to become certified IFS therapists, requirements may include supervised practice hours, case consultations, and demonstration of competency.

Interactive elements such as role-playing, group discussions, and self-reflection exercises are common, helping trainees internalize the concepts.

Typical Structure of EMDR Training

EMDR training is often delivered in a stepwise format:

1. **Basic Training:** Includes didactic instruction on EMDR theory, protocols, and safety considerations, along with in-person or virtual practice sessions.
2. **Consultation and Supervision:** Post-training, clinicians usually engage in supervised practice to refine skills and address challenges.
3. **Advanced Workshops:** Designed for experienced EMDR therapists focusing on specialized populations or complex trauma.

Hands-on practice with bilateral stimulation techniques and case conceptualization is integral to EMDR training.

Integrating IFS and EMDR: Training Approaches and Benefits

While IFS and EMDR can be learned separately, many practitioners explore how to combine these frameworks to enhance therapeutic outcomes.

How IFS Complements EMDR Practice

IFS provides a rich understanding of internal dynamics—helping therapists identify which parts are activated during EMDR sessions. This awareness can guide the pacing of EMDR processing and ensure client safety. For example, before targeting a traumatic memory, the therapist might use IFS techniques to calm protective parts that could otherwise overwhelm the client.

Training Programs Offering Combined Approaches

Some training institutes and workshops now offer integrative courses that explore the synergy

between IFS and EMDR. These programs emphasize:

- Identifying and working with parts during EMDR phases
- Using IFS to strengthen the client's Self leadership before and after EMDR sessions
- Tailoring bilateral stimulation methods to fit the client's internal system

Such combined training can deepen clinicians' understanding of trauma healing and provide more flexible intervention strategies.

Choosing the Right IFS and EMDR Training for You

Selecting a training program depends on your professional background, learning preferences, and therapeutic goals.

Consider Accreditation and Certification

Look for programs recognized by reputable organizations such as the IFS Institute or the EMDR International Association (EMDRIA). Certification often requires ongoing supervision and adherence to ethical standards.

Evaluate Format and Accessibility

With the rise of online learning, many trainings offer virtual options. However, some clinicians prefer in-person workshops for hands-on practice and networking. Consider your schedule and learning style.

Assess Integration Opportunities

If you're interested in blending IFS and EMDR, seek out trainings that explicitly address this integration or offer cross-disciplinary collaboration.

Tips for Making the Most of Your IFS and EMDR Training

To fully benefit from these trainings, keep these insights in mind:

- **Engage Actively:** Participate in role-plays and group discussions to deepen experiential learning.
- **Practice Consistently:** Apply techniques with supervision or peer groups to build confidence.
- **Reflect Personally:** Both IFS and EMDR encourage self-awareness—explore your own parts and responses to enhance empathy.
- **Seek Ongoing Support:** Join professional communities or consultation groups to continue growth beyond initial training.

Embarking on IFS and EMDR training is more than acquiring new methods—it's a journey toward becoming a more attuned, effective, and compassionate therapist. As these approaches continue to evolve, clinicians who invest in this knowledge will be well-equipped to support clients on their paths to healing and resilience.

Frequently Asked Questions

What is the relationship between IFS and EMDR training?

IFS (Internal Family Systems) and EMDR (Eye Movement Desensitization and Reprocessing) are both therapeutic approaches often used together to enhance trauma treatment. Training in both modalities allows therapists to integrate the strengths of each method, offering a more comprehensive approach to healing.

Who can benefit from combining IFS and EMDR training?

Mental health professionals such as psychologists, counselors, and social workers can benefit from combined IFS and EMDR training. This integrated skill set helps them address complex trauma by working with internal parts (IFS) alongside trauma processing techniques (EMDR).

Are there specialized courses that offer combined IFS and EMDR training?

Yes, several training institutes and online platforms offer specialized courses that integrate IFS and EMDR approaches. These programs are designed to teach therapists how to effectively blend the two modalities for improved client outcomes.

What are the prerequisites for enrolling in IFS and EMDR training programs?

Typically, prerequisites include having a mental health license or being a trainee under supervision. Some programs might require prior foundational knowledge or certification in either IFS or EMDR before pursuing combined advanced training.

How does IFS enhance the effectiveness of EMDR therapy?

IFS helps identify and work with different internal parts or subpersonalities, facilitating a deeper understanding of a client's internal system. When combined with EMDR, this awareness supports more targeted trauma processing, enabling clients to access and resolve distressing memories more safely and effectively.

Additional Resources

****Integrating IFS and EMDR Training: A Professional Exploration****

ifs and emdr training represents a convergence of two distinct yet complementary therapeutic approaches that have gained significant attention in contemporary mental health practice. Internal Family Systems (IFS) therapy and Eye Movement Desensitization and Reprocessing (EMDR) therapy each offer unique frameworks for addressing trauma, emotional dysregulation, and psychological distress. Training programs that combine these methodologies provide mental health professionals with an enriched skill set, fostering more nuanced, client-centered interventions.

This article delves into the nature of ifs and emdr training, evaluating their individual and combined benefits, exploring key training components, and considering the implications for practitioners seeking to enhance their therapeutic repertoire.

Understanding IFS and EMDR: Foundations and Philosophies

Before analyzing training modalities, it is crucial to grasp the foundational principles behind IFS and EMDR. IFS, developed by Richard Schwartz, posits that the mind is composed of multiple "parts" or subpersonalities, each with distinct roles and emotions. These parts can be in conflict or harmony, and therapy aims to foster internal communication and healing by accessing the "Self," a core state of calm and clarity.

EMDR, created by Francine Shapiro, is a trauma-focused therapy that facilitates the processing of distressing memories via bilateral stimulation, often through eye movements. EMDR's protocol involves eight phases designed to desensitize traumatic memories and reprocess them adaptively, reducing symptoms of PTSD and other trauma-related conditions.

Both approaches emphasize healing from trauma but utilize different mechanisms: IFS through internal systemic dialogue and EMDR through neurobiological processing.

Key Components of IFS and EMDR Training

Professional training in ifs and emdr encompasses several core components tailored to equip clinicians with theoretical knowledge, practical skills, and ethical considerations.

IFS Training Essentials

IFS training typically progresses through foundational workshops introducing the model's concepts, such as identifying and working with parts, facilitating Self-leadership, and managing protective parts. Advanced training may include:

- Experiential exercises to recognize internal parts dynamics.
- Techniques for working with extreme parts such as exiles, managers, and firefighters.
- Supervised practice sessions and case consultations.

Many IFS training programs emphasize the therapist's own self-awareness, as cultivating an understanding of one's internal system is central to guiding clients effectively.

EMDR Training Essentials

EMDR training is structured around the standardized eight-phase protocol:

1. History-taking and treatment planning.
2. Preparation and stabilization.
3. Assessment of target memories.
4. Desensitization using bilateral stimulation.
5. Installation of positive cognition.
6. Body scan for residual tension.
7. Closure to ensure client safety.
8. Re-evaluation in subsequent sessions.

Comprehensive EMDR training involves didactic instruction, demonstration of techniques, and supervised practice. Certification often requires a combination of workshop completion, consultation hours, and case presentations.

Synergizing IFS and EMDR: Benefits and Challenges

The integration of IFS and EMDR in training programs reflects a growing trend toward multimodal therapeutic frameworks. Clinicians trained in both modalities report several advantages:

Benefits of Combined Training

- **Enhanced Trauma Resolution:** IFS provides a map to understand internal conflicts that may hinder EMDR processing, allowing more precise targeting of traumatic memories.
- **Improved Client Engagement:** IFS's non-pathologizing stance encourages clients to approach their parts with curiosity and compassion, facilitating greater openness during EMDR sessions.
- **Flexibility in Treatment:** Practitioners can tailor interventions, using IFS to stabilize clients before EMDR or to process material that emerges during bilateral stimulation.
- **Deeper Emotional Integration:** The combination supports not only symptom reduction but also the integration of fragmented self-states, promoting holistic healing.

Challenges and Considerations

Despite the benefits, integrating these modalities requires careful navigation:

- **Training Intensity:** Mastery of two complex therapeutic models demands significant time and commitment.
- **Conceptual Complexity:** Clinicians must reconcile differing theoretical orientations—IFS's focus on internal multiplicity versus EMDR's neurobiological approach.
- **Client Suitability:** Not all clients may respond equally well to both approaches; assessment skills are critical to determine optimal sequencing or combination.

Choosing the Right Training Pathway

For mental health professionals contemplating ifs and emdr training, several factors influence the decision-making process:

Accreditation and Certification

Selecting programs accredited by recognized bodies ensures adherence to quality standards. For EMDR, the EMDR International Association (EMDRIA) provides certification pathways, while IFS training is often offered by the Center for Self Leadership or licensed providers.

Training Formats and Accessibility

Training options range from in-person workshops to online courses, some of which offer hybrid models. Accessibility considerations include scheduling flexibility, cost, and availability of supervision.

Integration into Clinical Practice

Practitioners should evaluate how combined ifs and emdr training aligns with their existing modalities and client demographics. For example, therapists working with complex trauma populations may find the integration particularly valuable.

The Future of IFS and EMDR Training in Clinical Practice

As the understanding of trauma and the psyche evolves, the intersection of IFS and EMDR training appears poised to grow. Emerging research highlights the neurobiological underpinnings common to both methods, suggesting complementary mechanisms of action. Increasing numbers of training institutes now offer combined workshops or modular courses designed to bridge theoretical gaps.

Furthermore, integration promotes a more tailored therapeutic approach, meeting clients' diverse needs with greater precision. Mental health professionals trained in both IFS and EMDR may be better equipped to navigate complex trauma presentations, dissociation, and attachment issues.

The continued development of training curricula that emphasize competency, ethical practice, and ongoing supervision is essential to uphold the integrity of these modalities. As practitioners accumulate expertise in both areas, the potential for innovative treatment models expands, offering hope for deeper, sustainable healing outcomes.

In sum, ifs and emdr training represents not only a pathway for professional growth but also a promising frontier in trauma-informed care. Clinicians who invest in mastering both approaches position themselves at the forefront of integrative psychotherapy, capable of delivering nuanced, effective interventions in an ever-evolving mental health landscape.

Ifs And Emdr Training

ifs and emdr training: Integrating Schema, EMDR, IFS, and Somatic Approaches Mable Jacquard McGowan, Integrating Schema, EMDR, IFS, and Somatic Approaches A Complete Guide to Multi-Modal Therapy for Complex Trauma and Personality Disorders Transform your therapeutic practice with this comprehensive guide to integrating four powerful modalities for treating complex presentations. This evidence-based manual combines Schema Therapy, EMDR, Internal Family Systems (IFS), and somatic approaches into a unified framework that addresses the full spectrum of human psychological healing. What You'll Learn: Master systematic protocols for combining Schema Therapy with EMDR processing Understand how IFS parts work aligns with schema modes for deeper integration Apply somatic techniques to enhance nervous system regulation during processing Navigate complex case formulations across multiple modalities Implement practical session structures and transition techniques Manage challenging presentations including complex PTSD, personality disorders, and developmental trauma Key Features: Detailed case examples demonstrating integration principles in action Step-by-step assessment frameworks for multi-modal treatment planning Evidence-based protocols tested with hundreds of clients Cultural adaptation guidelines for diverse populations Crisis management strategies for high-risk presentations Training pathway recommendations and supervision considerations Perfect for: Licensed therapists, clinical psychologists, trauma specialists, and mental health professionals seeking advanced integration skills. Includes practical tools for both individual practitioners and training programs. This manual bridges the gap between theoretical understanding and clinical application, providing concrete strategies for implementing integration approaches safely and effectively. Each chapter builds systematically toward mastery of complex multi-modal interventions.

ifs and emdr training: Treating Trauma with EMDR and IFS Kendhal Hart, 2025-10-01 For mental health professionals treating clients with trauma, this comprehensive guide outlines an innovative approach that combines the strengths of eye movement desensitization and reprocessing therapy (EMDR) with internal family systems (IFS). With this professional guide, clinicians will discover practical, step-by-step interventions to improve treatment outcomes for a rapidly growing number of clients seeking help for trauma and complex post-traumatic stress disorder (CPTSD).

ifs and emdr training: EMDR and Creative Arts Therapies Elizabeth Davis, Jocelyn Fitzgerald, Sherri Jacobs, Jennifer Marchand, 2022-10-31 This book guides therapists trained in EMDR in the successful integration of the creative arts therapies to make the healing potential of EMDR safer and more accessible for patients who present with complex trauma. Contributors from the respective fields of creative and expressive arts therapies offer their best ideas on how to combine EMDR with these therapies for maximum benefit for people from diverse backgrounds, orientations, and vulnerable populations. Chapters offer detailed case studies and images, insightful theoretical approaches, and how-to instructions to creatively enhance clinical work. Additionally, the book addresses current critical issues in the field, including the importance of an integrative and open approach when addressing cultural, racial and diversity issues, and creative interventions with clients through teletherapy. Creative arts therapy practitioners such as art therapists, play therapists, and dance/movement therapists will find this a compelling introductory guide to EMDR.

ifs and emdr training: Transitioning to Internal Family Systems Therapy Emma E. Redfern, 2023-04-27 Transitioning to Internal Family Systems Therapy is a guide to resolving the common areas of confusion and stuckness that professionals often experience when facilitating the transformational potential of the IFS model. Real-life clinical and autobiographical material is used throughout from the author's supervision practice, together with insights from IFS developer Richard C. Schwartz and other lead trainers and professionals. With the use of reflective and practical exercises, therapists and practitioners (those without a foundational therapy training) are encouraged to get to know and attend to their own inner family of parts, especially those who may be struggling to embrace the new modality. Reflective statements by professionals on their own

journeys of transition feature as a unique element of the book. Endnotes provide the reader with additional information and direct them to key sources of information on IFS.

ifs and emdr training: Integrating Horses into Healing Cheryl Meola, 2023-03-28 Written by experts and founders in the world of equine assisted services (EAS), Integrating Horses into Healing: A Comprehensive Guide to Equine Assisted Services is an all-inclusive, hands-on guide for any practitioner, researcher, or student interested in EAS. The book provides a wealth of knowledge, including perspectives from therapy and coaching practitioners, equine professionals, veterinarians, researchers, clients, board members, and founders of the EAS industry. These diverse perspectives offer a depth and insight that make this a go-to guide for EAS practitioners and researchers. The focus of the book is on the ethical incorporation of equines into different therapy modalities. The well-being of the equine as well as the practitioner team is addressed, as well as sustainability and health within a for-profit and non-profit structure. - Offers ethical practices for integrating equine assisted services into therapies, coaching, and other services. - Provides a foundational introduction to the benefits and practices of equine assisted services - Discusses business and legal considerations for EAS ventures

ifs and emdr training: Treating Trauma with EMDR and IFS Kendhal Hart, 2025-10 Discover an integrative approach to improve treatment outcomes for a growing population of clients living with trauma and complex post-traumatic stress disorder (CPTSD). Eye movement desensitization and reprocessing (EMDR) and internal family systems (IFS) are each highly effective, evidence-based modalities for treating trauma. However, when used independently, each has limitations. EMDR therapists often encounter obstacles during the reprocessing phase due to the structured nature of the EMDR protocol, while IFS can be time-intensive, typically addressing only one part at a time--which can be challenging when multiple parts are impacted by trauma. Treating Trauma with EMDR and IFS is a practical, step-by-step guide to blending EMDR with IFS for effective trauma and CPTSD treatment. You'll start by understanding the value of an integrated model and how EMDR and IFS complement each other. You'll also learn essential skills to assess each client accurately, support their unique healing processes, and integrate IFS methods into each phase of the EMDR protocol. Most importantly, this approach will empower clients to find freedom from the impact of trauma, actively engage in their recovery, and ultimately lead more fulfilling lives. If you're looking for a structured yet adaptable framework to serve clients with trauma and CPTSD more effectively, this book provides a practical integration of EMDR and IFS that will enhance your treatment outcomes and help clients thrive.

ifs and emdr training: Internal Family Systems Therapy Martha Sweezy, Ellen L. Ziskind, 2013-03-20 Internal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. Focused on psychic multiplicity and the healing effects of compassion, this non-pathologizing therapy has been adopted by clinicians around the world. Internal Family Systems Therapy builds on Richard Schwartz's foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, Internal Family Systems Therapy is also essential reading for knowledgeable IFS clinicians.

ifs and emdr training: Advanced Internal Family Systems for Therapists Candace Brett Parrish, unlock profound healing and transformative change for your clients with Internal Family Systems: Advanced Techniques for Complex Trauma, Dissociation, and Addiction. This essential guide empowers therapists to navigate the most challenging clinical cases using the powerful IFS model. Go beyond foundational IFS concepts to master sophisticated strategies for working with deeply entrenched patterns of trauma, the intricacies of dissociative disorders, and the pervasive grip of addiction. Discover nuanced approaches to: Accessing and dialoguing with protective parts involved in complex trauma responses. Facilitating deep healing for exiled parts holding intense pain and shame. Integrating fragmented selves to restore inner harmony and wholeness. Applying IFS principles to address the core drivers of addictive behaviors, fostering lasting recovery. Enhancing

self-compassion and therapist presence to support profound client breakthroughs. This book provides practical interventions, rich case examples, and insightful guidance for experienced clinicians seeking to deepen their IFS practice. Elevate your therapeutic skills and empower your clients on their journey toward profound self-discovery and enduring well-being. Ideal for mental health professionals, psychotherapists, trauma therapists, and addiction counselors ready to expand their Internal Family Systems expertise.

ifs and emdr training: *Internal Family Systems Therapy* Emma E. Redfern, 2022-08-24
Internal Family Systems Therapy: Supervision and Consultation showcases the skills of Richard C. Schwartz and other leading IFS consultants and supervisors. Using unique case material, models, and diagrams, each contributor illustrates IFS techniques that assist clinicians in unblending and accessing Self-energy and Self-leadership. The book features examples of clinical work with issues such as bias, faith, sexuality, and sexual hurts. Individual chapters focus on therapist groups, such as Black Therapists Rock, and on work with specific populations, including children and their caregivers, veterans, eating disordered clients, therapists with serious illnesses, and couples. This thought-provoking book offers an opportunity for readers to reflect on their own supervision and consultation (both the giving and receiving of it). It explores what is possible and preferable at different stages of development when using the IFS model.

ifs and emdr training: *Healing Addiction EMDR Therapy* Jamie Marich, Stephen Dansiger, 2021-08-09
There are just so many things that I love about this book that I simply don't know where to begin! Marich and Dansiger take an approach that is comprehensive, integrative, relational, and deeply hopeful. They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction, benefiting in profound ways from EMDR therapy... - Deborah Korn, Psy.D. Co-Author of *Every Memory Deserves Respect: EMDR The Proven Trauma Therapy with the Power to Heal* This must-read volume, offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions. Clinicians will find in this book the guidance, foundational and advanced skills, as well as an incredibly rich repertoire of stabilization strategies... - Ana M. Gomez, MC, LPC Author of *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation* *Healing Addiction with EMDR* is tailored to support therapists along the different phases of EMDR Therapy. It focuses on understanding each individual case, through case conceptualization and treatment planning, and avoiding the simplistic ;What protocol should we use? question. People need to be understood as individual beings since this is the essence of EMDR Therapy... - Dolores Mosquera, Co-Author of *EMDR and Dissociation: The Progressive Approach INTRA-TP*, A Coruña, Spain Offers a holistic, comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction. Targeting the trauma lurking beneath the addiction, the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders, and guides practitioners in incorporating their protocols of choice into EMDR treatment. While illuminating underlying theory, the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully-integrated approach to the diagnosis, treatment, and management of addiction across populations Written in user-friendly language by two prominent practitioners and trainers of EMDR therapy, the book helps therapists to 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. Chapters contain case studies with commentary on relevant decision-making points along with discussion questions to enhance critical thinking. Abundant "Tips and Tricks" learned in the trenches make the text come alive with clinical relevance, and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma, guide readers to choose the best protocol for each situation. Purchase includes digital access for use on most mobile devices or computers.

Key Features: Authors' lived experience brings a wealth of real-world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up-to-date scholarly literature Uses abundant case studies, "Tips and Tricks from the Field" and practical exercises to reinforce knowledge

ifs and emdr training: EMDR Toolbox, Second Edition James Knipe, 2018-09-28 Praise for the first Edition: "[R]eading this book has given me a whole host of new ideas about working with complex and dissociative clients... Clear and engaging, peppered with relevant case histories, this book would make an important addition to anyone's EMDR-related book collection. —Dr. Robin Logie, EMDR UK & Ireland "A brilliant and accessible book...[T]he information in this book will revolutionize EMDR treatment with complex trauma/dissociated clients." —Carol Forgash, LCSW, BCD "This book is a jewel for EMDR clinicians. It is also recommended for any professional interested in the treatment of complex disorders... Jim Knipe is a highly gifted professional and this is the result of many years of experience and practice." —Dolores Mosquera, MS, Amazon Review This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR-based "Tools" - useful strategies for helping difficult-to-treat clients with complex emotional problems. The second edition reflects the author's ongoing efforts to design treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing model. It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress. The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories. It also describes how to integrate specific EMDR-related interventions with other psychotherapeutic treatments. Each intervention is examined in detail with accompanying transcripts, client drawings, and case studies illustrating the nuances and variations in intervention application. Bolstered by supporting theory and current research, the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR's Adaptive Information Processing (AIP) language. New to the Second Edition: Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems Includes two completely new chapters, "Internal Healing Dialogue" and "Case Example: treating the problem of 'attachment to the perpetrator'" Provides new case examples on childhood sexual abuse Offers new sections on treating chronic defensive shame, the importance of "fast" vs "slow" thinking processes, and new applications of "Loving Eyes" procedures Includes ebook with the purchase of print version Key Features: Written by an EMDRIA-designated "Master Clinician" Delivers successful treatment alternatives for difficult-to-treat clients Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD Includes specific AIP tools, verbatim therapy scripts, client drawings, and case studies Discusses each intervention in detail, illustrating the nuances and variation in different applications

ifs and emdr training: Ifs-Informed EMDR David Polidi, 2025-12-10 IFS-Informed EMDR makes the case that the integration of these two influential therapy models creates something greater than the sum of its parts. It's a book that can be used as a resource for therapeutic educational and training programs and as a supplement for people already familiar with at least one of these models. Each chapter offers wisdom and practical guidance that will benefit anyone interested in learning the theoretical framework and practical applications of uniting EMDR and IFS for trauma healing.

ifs and emdr training: Sand Therapy for Out of Control Sexual Behavior, Shame, and Trauma Peg Hurley Dawson, 2023-10-03 This book is designed to educate sex therapists and mental health professionals on the power of using sand when treating sexual issues, providing guidance in accessing their clients' unconscious to seek new ways of healing. Uniquely integrating sex therapy

with sand therapy, Dawson describes how understanding and applying non-pathological theories and neuroscience to different modalities, such as Internal Family Systems and Polyvagal Theory, can help clients move forward from shame, sexual dysfunctions, and trauma. The book begins by introducing how therapists can use sand as a doorway into using metaphor and imagery in their practice, with information on how the nervous system keeps somatic experiences trapped in the body being explored. Written in an easy, accessible style, the book also includes handouts, belief cards, and case studies throughout to help therapists see the benefits of using sand with clients in practice. Including forewords by Dr. Lorraine Freedle and Doug Braun-Harvey, this book is geared toward mental health professionals, such as sex therapists and marriage and family therapists, who are working with individuals and couples seeking treatment from complex trauma and mental and sexual health issues. It will appeal to students as well as advanced mental health clinicians looking to expand their therapeutic tool kit.

ifs and emdr training: A Practical Guide to Family Therapy Andrew Wallis, Kerrie James, Paul Rhodes, 2024-06-12 Grounded in systemic family therapy and drawing on a variety of other models to enhance skills development, this book is a comprehensive, practical guide to working with families. This second edition is thoroughly updated and includes new chapters which cover working with First Nations Families, diversity and family therapy, understanding emotions, and dialogical reflective processes. The book begins with a focus on the therapeutic relationship and use of self as a foundation, and from there provides the reader with practical, skill-oriented guidelines for working with families. From the first session to addressing the complexities of separated parents, parent-child relational breaches, family of origin issues, wider systems, managing emotions, diversity, and much more, the book takes the reader through core practices that will become essential skills for family work. Written by an expert team of authors committed to innovative and contextual practice, this book is for experienced clinicians who want to learn to work with families and for beginning therapists to learn from a structured approach to developing complex skills.

ifs and emdr training: Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Marilyn Luber, 2009-08-17 This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical approach and walks therapists step-by-step through the EMDR therapeutic process. [Readers] will not be disappointed. Score:93, 4 stars --Doody's Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: Kudos to...everyone who contributed to this important volume....[It] is an indispensable resource. Thank you, thank you, thank you! --Andrea B. Goldberg, LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant-in-training Bloomfield and Newark, NJ This book outlines some of the basic elements of the 11-Step Standard Procedure of EMDR and the Standard Three-Pronged EMDR Protocol. Unlike other EMDR books, however, this book focuses on applying EMDR scripted protocols to special populations. Special populations discussed include children, adolescents, couples, and clients suffering from complex posttraumatic stress disorder, dissociative disorders, anxiety, addictive behaviors, and severe pain. This is a volume rich in wisdom and insight that every EMDR clinician working with special populations will need in his or her collection. Key topics include: EMDR preparation, assessment, and desensitization phases for children Integrating EMDR into couples therapy EMDR protocol for treating sexual dysfunction EMDR-informed treatment approaches for dissociative disorders Clearing the pain of unrequited love with EMDR An EMDR approach to treating substance abuse and addiction EMDR for pain patients Self-care for EMDR practitioners

ifs and emdr training: Somatic Internal Family Systems Therapy Susan McConnell, 2020-09-22 Discover the innovative intersection of somatic therapy and Internal Family Systems (IFS), featuring 5 core practices to transform modern therapeutic approaches. Enhance your clinical practice and patient outcomes by skillfully uniting body and mind through an evidence-based therapeutic modality—endorsed by leaders in the field, including Richard Schwartz. Somatic Internal Family Systems Therapy introduces a cutting-edge therapeutic modality that merges the elements of somatic therapy, such as movement, touch, and breathwork, with the established principles of the

Internal Family Systems (IFS) model. Authored by Susan McConnell, this multifaceted approach is crafted for therapists, clinicians, somatic practitioners, mental health professionals, and anyone interested in innovative healing techniques. A valuable contribution to mental health treatment, this guide offers a new horizon for those engaged in the well-being of others. This comprehensive, bestselling guide presents: 5 core practices: somatic awareness, conscious breathing, radical resonance, mindful movement, and attuned touch, designed for seamless integration into therapeutic work. Strategies to apply these practices in addressing a range of clinical conditions including depression, trauma, anxiety, eating disorders, chronic illness, and attachment disorders. Techniques to assist clients in identifying, understanding, and reconciling their 'inner worlds' or subpersonalities, leading to improved emotional health and behavior. A compelling combination of scientific insights, experiential practices, and real-world clinical stories that illuminate the theory and application of Somatic IFS. Highly regarded mental health professionals, such as IFS founder Richard Schwartz, have applauded this essential guide. By weaving together holistic healing wisdom, modern neuroscience, and somatic practices expertise, this book serves as a crucial resource for psychotherapists across various disciplines and laypersons seeking an embodied self.

ifs and emdr training: Dissociation Made Simple Jamie Marich, PHD, 2023-01-10

Dissociation 101: The go-to guide for understanding your dissociative disorder, breaking the stigma, and healing from trauma-related dissociation. Just as important as *The Body Keeps the Score* (but an easier read for me). —5-star reader review Guided by clinical counselor Jamie Marich—a trauma-informed clinician living with a dissociative disorder herself—this book tells you everything you need to know about dissociation...but were too afraid to ask. Here, you'll learn: What dissociation is—and why it's a natural response to trauma How to understand and work with your "parts"—the unique emotional and behavioral profiles that can develop from personality fragmentation There's nothing shameful about dissociating—that, in fact, we can all dissociate Skills and strategies for living your best, authentic, and most fulfilled life What to look for in a therapist: choosing a healer who sees you and gets it Foundational elements of healing from trauma, including PTSD and C-PTSD With practical guided exercises like "The Dissociative Profile" and "Parts Mapping," this book is written for those diagnosed with dissociative disorders, clinicians and therapists who treat trauma and dissociation, and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder (DID). *Dissociation Made Simple* breaks it all down accessibly and comprehensively, with empowerment and support—and without stigma, judgment, or shame.

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post-traumatic elements. The book will be of great value to therapists who wish to extend their use of basic EMDR with easier clients to using it effectively with more complex clients. Key Features: Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a hands-on resource for using specific EMDR procedures Describes each intervention in detail, illustrating the nuances and variations in different applications Includes specific AIP tools, actual therapy scripts, and client drawings Covers DSM-V PTSD criteria

ifs and emdr training: Sex, Social Justice, and Intimacy in Mental Health Practice Erin Martinez-Gilliard, 2023-03-21 This book aims to equip mental health professionals to integrate discussions of sexual identity, health, wellness, and intimacy into the scope of their client's mental health, ensuring they are well-prepared to incorporate sexual functioning into core assessment, interventions, and treatment. We exist in societies that are scared to discuss sexual health, identity, and relationships, and the stigma surrounding these topics saturates our mental health professions. Sex, intimacy, and sexual identity have historically been relegated as "specialized" topics when training new clinicians, which has led to professionals feeling unable and unskilled to speak about a core part of their client's psychological, biological, physical, and relational health. Viewing this as a social justice issue, this book addresses a movement in the counseling field to incorporate sexual health into therapy as well as providing new ways of foundational teaching. Chapters begin exploring the history of sex therapy and the problems that have previously been addressed as concerns for the sex therapy field only, before discussing issues surrounding transference and countertransference. Encouraging self-reflection regarding values, bias, and attitudes related to topics of sexuality, the book moves to discussing strategies and integrative approaches to co-occurring conditions, such as trauma, diagnosis of sexual difficulties, stigma and societal messages, biopsychosocial treatment, networking, and coordination of care and spiritual health and healing. Including journaling exercises, assessment tools and case studies of how to weave approaches addressing sexual concerns into practice, this book will provide graduate courses and continuing education instructors with the core material to assist the training and development of future and established professionals.

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