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■ EMDR Therapy and Mindfulness for Trauma-Focused Care

Jamie Marich, Stephen Dansiger. New York, NY, Springer, 2018, 179 pages, \$55.00 (paperback), \$43.44 (Kindle)

In this highly readable book, Dr. Jamie Marich and Dr. Stephen Dansiger provide detailed instructions for the integration of mindfulness practices with the eye movement desensitization and reprocessing (EMDR) Standard Protocol. These two approaches to healing have found wide acceptance and recognition of their effectiveness.

The book is well organized to be “user-friendly” and sets the reader up to successfully integrate mindfulness practices into his/her psychotherapy practice and into his/her personal life. Specific directions are provided for 16 different mindfulness exercises. Each chapter includes a summary of the information presented, questions to personalize the material, and related research sources for the readers’ use to expand their knowledge base.

In Chapter 2, the authors suggest “redefining the paradigm for trauma care” from trauma informed to trauma focused: “While we accept the SAMHSA definition as to the *what* of trauma-informed care, this book presents a design for *how* to optimally translate this intention in to workable, dynamic clinical action.”

They offer a practical design to implement this paradigm shift and to utilize it in clinical practice. To support this utilization, the publisher Springer offers the EMDR Clinical Worksheet Templates, designed by the authors, in the appendix and as downloadable PDF files from the website.

A brief history of the Buddha, Siddhartha Gautama, and his revelations and practices in Chapter 2 sets the context for the inclusion of mindfulness as a therapeutic model. Chapters 3 and 4 describe mindfulness practices with suggested modifications for trauma-focused care. The authors include step-by-step instructions for traditional practices and bringing mindful awareness to daily activities.

Chapters 5 through 9 integrate mindfulness concepts and practices with the EMDR therapy’s eight-phase protocol. Each phase is addressed thoughtfully, stressing client safety and therapeutic attunement. Dr. Marich and Dr. Dansiger address issues of abreaction,

dissociation, cognitive interweave, and “I don’t think it’s working!” with insight and depth. The authors, both EMDR trainers, bring a wealth of knowledge of the practice of delivering EMDR therapy. They address the structure and the nuance of the eight phases and respect both the science and the art of practicing EMDR. They deliver their teaching clearly and concisely.

In this section of the book, the authors provide suggestions for the mindful provision of EMDR treatment and describe how mindfulness can be interwoven into each EMDR phase. For example, when talking about abreactions, they discuss several ways that breathing strategies can be effectively used. In the section on Interweaves, the authors suggest the use of more creative styles such as those used for children, “Any modification that is made for children may be a good fit for the stuck child states within your adult clients, or the expressive organicity of how we work with children may translate well to the creative adult.”

Chapter 10 encourages readers to develop their own mindfulness practice and to address their own trauma. The authors suggest adopting mindfulness as a way of life and propose that it can be an avenue to self-care for the clinician.

I highly recommend this insightful book for all readers interested in gaining a greater understanding of mindfulness, of EMDR therapy, and of their value for healing. This is not a “how-to” book to deliver EMDR therapy. Chapters 7 and 8 are most useful for trained EMDR clinicians to develop and refine their skills. Other chapters support all clinicians to include mindfulness practices in the early stages of treatment. The case that they make for folding mindfulness practices into daily life and for the importance of developing a supportive community is valuable for all readers. This book is well written and engaging, and its tone reflects the quality of loving kindness embodied in mindfulness practice.

REVIEWED BY CANDIDA CONDOR