

ATTACHMENT- FOCUSED EMDR

Healing Relational Trauma



LAUREL PARNELL

FOREWORD BY DANIEL J. SIEGEL

Attachment Focused Emdr Healing Relational Trauma

By Laurel Parnell 2013 10 07

**Daniel A. Hughes, Kim S. Golding, Julie
Hudson**



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Attachment-Focused EMDR Laurel Parnell, 2013-10-07 Integrating the latest in attachment theory and research into the use of EMDR Much has been written about trauma and neglect and the damage they do to the developing brain But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood This book presents a therapy that focuses on precisely these areas Laurel Parnell leader and innovator in the field of eye movement desensitization and reprocessing EMDR offers us a way to embrace two often separate worlds of knowing the science of early attachment relationships and the practice of healing within an EMDR framework This beautifully written and clinically practical book combines attachment theory one of the most dynamic theoretical areas in psychotherapy today with EMDR to teach therapists a new way of healing clients with relational trauma and attachment deficits Readers will find science based ideas about how our early relationships shape the way the mind and brain develop from our young years into our adult lives Our connections with caregivers induce neural circuit firings that persist throughout our lives shaping how we think feel remember and behave When we are lucky enough to have secure attachment experiences in which we feel seen safe soothed and secure the four S s of attachment that serve as the foundation for a healthy mind these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain EMDR is a powerful tool for catalyzing integration in an individual across several domains including memory narrative state and vertical and bilateral integration In Laurel Parnell s attachment based modifications of the EMDR approach the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non secure attachment and developmental trauma The book is divided into four parts Part I lays the groundwork and outlines the five basic principles that guide and define the work Part II provides information about attachment repair resources available to clinicians This section can be used by therapists who are not trained in EMDR Part III teaches therapists how to use EMDR specifically with an attachment repair orientation including client preparation target development modifications of the standard EMDR protocol desensitization and using interweaves Case material is used throughout Part IV includes the presentation of three cases from different EMDR therapists who used attachment focused EMDR with their clients These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice giving the history and background of the clients actual EMDR sessions attachment repair interventions within these sessions and the rationale for them and information about the effects of the interventions and the course of treatment

The Vegan Transformation Angela L. Crawford, PhD, 2025-04-22 Many of us long to create healing and transformation in our lives to thrive in mind body and spirit We desire vibrant health and vitality that allows us to engage in life fully And we seek meaning and connection in a world that feels increasingly disconnected Through revealing surveys and interviews with vegans psychologist Dr Angela L Crawford discovered seven core

transformations that create richer more meaningful lives Wherever you are on your own journey whether you are curious about the benefits of eating more plants or are already vegan and want to experience greater impact and joy The Vegan Transformation is an invaluable roadmap From research findings that illuminate the path to wellbeing to inspiring stories of transformation to exercises and meditations that support your journey this book is a faithful companion in forging your own compassionate healthy and purposeful life

Transforming Trauma--EMDR Laurel Parnell,1998-04 Dr Laurel Parnell provides an insider's view of EMDR eye movement desensitization and reprocessing Drawing on her experiences as both client and therapist she shares stories of healing taking readers into her clients psyches where past traumas are witnessed and released

A Therapist's Guide to EMDR Laurel Parnell,2010-02-17 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications Areas essential to successful utilization of EMDR are emphasized These include case conceptualization preparation for EMDR trauma processing including resource development and installation target development methods for unblocking blocked processing including the creative use of interweaves and session closure Case examples are used throughout to illustrate concepts The emphasis in this book is on clinical usefulness not research This book goes into the therapy room with clinicians who actually use EMDR and shows readers how to do it in practice not just in theory In short this is the new practical book on EMDR

A Therapist's Guide to EMDR Laurel Parnell,2007 A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications

Rewiring the Addicted Brain with EMDR-Based Treatment Laurel Parnell,2019-12-03 Attachment focused EMDR and resource tapping applied to the clinical challenge of addictions recovery Writing for both EMDR therapists and substance abuse counselors Laurel Parnell provides user friendly tools to help support clients in recovery with EMDR based techniques that can be easily integrated into all levels of addiction treatment Emphasizing the practical clinical application of principles and techniques helpful for addictions and addictive disorders this book interweaves case material throughout the text with some chapters presenting in depth cases to illustrate the techniques Topics include treating trauma and supporting resilience tools for affect regulation and rewiring the motivation reward circuits

Healing Relational Trauma with Attachment-Focused Interventions Daniel A. Hughes,Kim S. Golding,Julie Hudson,2019-01-08 From the founder of DDP this updated and comprehensive guide is the authoritative text on DDP DDP is an attachment focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain as well as the latest findings regarding developmental trauma and the related attachment problems it brings

Healing Relational Trauma with Attachment-Focused Interventions Kim S. Golding,Julie Hudson,Daniel

Hughes, 2019-01-08 From the founder of DDP this updated and comprehensive guide is the authoritative text on DDP. DDP is an attachment focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families. Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain as well as the latest findings regarding developmental trauma and the related attachment problems it brings.

Enjoying the Track of Phrase: An Mental Symphony within **Attachment Focused Emdr Healing Relational Trauma By Laurel Parnell 2013 10 07**

In a world used by displays and the ceaseless chatter of quick interaction, the melodic splendor and psychological symphony developed by the published term frequently fade in to the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Attachment Focused Emdr Healing Relational Trauma By Laurel Parnell 2013 10 07** a charming literary treasure brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this interesting masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed melodies and profound affect resonating within each carefully constructed phrase. Within the depths of this moving evaluation, we will discover the book is main harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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