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# EMDR THERAPY AND ADJUNCT APPROACHES WITH CHILDREN



COMPLEX TRAUMA,  
ATTACHMENT, AND DISSOCIATION

Ana Gomez MC LPC

## EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation



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This volume is a welcome and excellent resource for all clinicians working with severely traumatized children. The book also presents the theoretical framework for case conceptualization in EMDR therapy and in the use of the Adaptive Details Processing model with children. Gomez has developed highly original and excellent interventions for working with these very difficult to take care of children. The text offers an original and pioneering EMDR therapy-based model to dealing with parents with abdicated caregiving systems. Susan Coates Scientific Professor of Psychology in Psychiatry College of Physicians and Surgeons Columbia University This is actually the first book to provide an array of leading-edge, step-by-step approaches for clinicians using EMDR therapy and adjunct approaches with children with severe dysregulation of the affective system. Dr. Principles and ideas produced from the Polyvagal Theory, affective neuroscience, attachment theory, interpersonal neurobiology, developmental neuroscience and the neurosequential model of therapeutics, which can greatly support and expand our understanding of the AIP model and complicated trauma, are presented. Francine Shapiro, PhD Founder, EMDR Humanitarian Assistance Programs In the last 15 years, Ms. Written by an writer internationally known on her behalf innovative use children, the book gives developmentally suitable and advanced tools for using EMDR therapy in treating children with complicated trauma, attachment wounds, dissociative tendencies, and compromised public engagement. This book will be a massive great gift to our field. The model is fond of assisting parents in developing the ability for mentalization, insightfulness, and reflective capacities associated with infant's development of attachment security. A unique and innovative feature of this book is the masterful integration of strategies from other therapeutic methods, such as for example Play therapy, Sandtray therapy, Sensorimotor psychotherapy, Theraplay and Internal Family members Systems (IFS), right into a comprehensive EMDR treatment maintaining suitable adherence to the AIP model and EMDR therapy methodology. Essential Features: Provides innovative, step-by-step, "how-to" information about the use of EMDR therapy with kids with complicated trauma from an internationally known and innovative innovator in the field Explores completely the eight phases of EMDR therapy in assisting children with attachment wounds, dissociative tendencies and high dysregulation Incorporates adjunct approaches into a extensive EMDR therapy while keeping fidelity to the AIP model and EMDR therapy methodology Contains an original EMDR therapy-based model for assisting parents with abdicated caregiving systems to build up metalizing and reflective capacities



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If your clients ARE or EVER HAVE BEEN children...." On the other hand, this book provides both understanding and useful interventions, grounded in solid theory and fidelity to the EMDR approach. Many workshop presenters and consultants help EMDR clinicians understand what is going on with complex clients, but often we are remaining with "yes, but what do I REALLY DO? Many thanks Ana Gomez! Her integration of all of these principles has supplied me with new knowing that will be good for all of the traumatized kids to whom I offer counseling services. First, this is a reserve for psychotherapists, which review is written for clinicians. Ana Gomez is a gifted therapist and trainer who's in a position to help therapists understand the application of EMDR with kids and their families. Clinicians that recognize the worthiness of drawing from the brilliance of several schools of psychotherapy can appreciate the last 3 chapters that integrate EMDR Therapy with Sensorimotor Psychotherapy (ch 11), Theraplay (ch 12), and Internal Family Systems (ch 13). Clinicians that aren't been trained in EMDR will reap the benefits of her thorough explanation of the approach, and are likely to experience compelled to get been trained in EMDR. The author's integration of nuts and bolts descriptions of the integration of EMDR in use children and their own families provides the answers to common clinical questions. emdr beginners If you have a long time to read this book it'll be useful. Five Stars Excellent! The info provided about both dissociation and attachment theory is a must read for all clinicians working with whoever has ever been a child that experienced trauma, neglect, or other disruptions in attachment. I've found this book very useful. Numerous chapters provide practical strategies to be used during all phases of treatment in kids dissociative processes. The sections that discuss dealing with parents and the family program provide basic principles of attachment theory and AIP, and then specific, hands on exercises to improve an adult's attachment skills. Whether you use children or adults, ANY EMDR clinician will reap the benefits of her clear explanation of the model guiding EMDR (Adaptive Information Processing) and the phases of EMDR treatment.) This will be a "Must Browse" for beginning and advanced EMDR therapist working with clients of any age. More desirable for beginners. It's clearly written possesses many very good suggestions for trauma therapy with children. Five Stars Amazing book with many practical approaches for use with clients! Fantastic Resource This is an incredible book for anyone who practices EMDR with traumatized children. Excellent EMDR resource Ms. Gomez can be an awesome resource in understanding the nuances of EMDR and giving me very clear tools that I can use with kids and all of my clients. Often trauma is normally seated in experiences from childhood, therefore these techniques are invaluable. Outstanding book. This book is by among the gurus of EMDR. A must-have for just about any EMDR clinician working with children This is an intensive, well-thought resource which has provided endless information regarding EMDR therapy with children and the family system. She's very clear in her composing and incredibly concise. From how to assess/medical diagnosis dissociation in kids to understanding attachment theory and how that impacts treatment decisions, this reserve is an important primer of what I believe of as the "advanced basics" in working with complex cases. It really is exhaustive however concise and reads quite well — a rarity in resources. Ana Gomez has melded neuroscience with EMDR, attachment, play therapy, Theraplay, sandtray and IFS to create this a meaningful and helpful reserve." Sometimes, the answers they offer give the impression that people should "do something various other than EMDR. I would suggest this publication to any child therapist who has been trained in EMDR. I particularly appreciate the author's integration of innovative, practical and fun interventions throughout the book - but particularly in the arena of preparation, skill-building, introduction of EMDR principles to children, and active processing strategies. Demystifies EMDR and some solid techniques. Gomez provides valuable review of relevant

literature and moves seamlessly into clinical work. Great book! Very much to wordy.!! EMDR for Children Ana Gomez has some very nice techniques for dealing with children doing EMDR. I've also attended one of her conferences and discover this publication and great addition. EMDR is complicated whenever using children who've had long complex trauma and misuse that was ongoing for years. The task needs to go slow and children can be hard to engage. All of Ana's function is a huge help in working with this group of children. I enjoy her succinct, user-friendly background taking, treatment planning, preparation, and energetic intervention strategies - the majority of which can be adapted to customers of any age.!! Not direct enough. It is sure to enrich your knowledge of your clients and direct your treatment interventions. Ana is amazing and though I've only glanced through Ana is amazing and though I have only glanced through, it is filled with metaphors, theory, and excellent guidance for dealing with children.



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