

Physical Side Effects After Emdr

Physical Side Effects After EMDR: Understanding and Managing Potential Reactions

Introduction:

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a powerful technique used to treat trauma and PTSD. While highly effective for many, some individuals experience physical side effects after EMDR sessions. This comprehensive guide explores the common physical reactions, provides insights into their causes, and offers strategies for managing them. We'll delve into the science behind these side effects, address frequently asked questions, and empower you to navigate this aspect of EMDR therapy with confidence and understanding. Understanding potential physical reactions beforehand can significantly reduce anxiety and help you get the most out of your treatment.

I. Common Physical Side Effects After EMDR:

EMDR therapy involves processing traumatic memories, which can trigger a range of physical responses. These aren't necessarily negative; they often indicate the therapy is working. However, being prepared is key. Common physical side effects include:

Fatigue: Feeling unusually tired or drained is very common, potentially due to the intense emotional processing involved. This can range from mild tiredness to profound exhaustion.

Muscle Aches and Pains: Physical tension released during processing can manifest as aches, particularly in the shoulders, neck, and back. This is often a sign that the body is releasing stored trauma-related tension.

Headaches: Stress and emotional upheaval can trigger headaches, either tension headaches or migraines, depending on the individual.

Dizziness or Lightheadedness: These sensations can be linked to emotional processing and the body's physiological response to stress.

Nausea: Some individuals report feeling nauseous, especially after particularly intense sessions. This is usually temporary.

Sleep Disturbances: EMDR can disrupt sleep patterns, leading to insomnia, vivid dreams, or nightmares. This is often due to the processing of emotional material during and after sessions.

Increased Heart Rate: The body's natural stress response can lead to an elevated heart rate during or immediately following a session.

Changes in Appetite: Some experience increased appetite, others a decrease, reflecting the emotional and energetic shifts occurring during therapy.

Gastrointestinal Upset: This can range from mild discomfort to more significant issues like diarrhea or constipation.

II. Understanding the Underlying Mechanisms:

These physical side effects aren't simply coincidental; they're often directly related to the therapeutic process. EMDR aims to help the brain process and reintegrate traumatic memories. This process involves neurological and physiological changes that can manifest physically. The body holds physical tension related to trauma; as this tension is released, it can present as aches, pains, or other somatic symptoms. The emotional intensity of recalling and processing traumatic memories also impacts the autonomic nervous system, leading to symptoms like increased heart rate, nausea, or sleep disturbances.

III. Managing and Mitigating Physical Side Effects:

While these side effects are often temporary, managing them can enhance your overall experience and treatment success. Consider these strategies:

Hydration: Drink plenty of water throughout the day, especially before and after sessions. Dehydration can exacerbate fatigue and other physical symptoms.

Rest and Relaxation: Prioritize sufficient sleep and incorporate relaxation techniques such as deep breathing, meditation, or yoga into your daily routine.

Gentle Movement: Light exercise, such as walking or stretching, can help release physical tension and improve circulation. Avoid strenuous exercise immediately after a session.

Healthy Diet: Nourish your body with a balanced diet rich in fruits, vegetables, and whole grains. Avoid excessive caffeine and alcohol.

Mindfulness Techniques: Practicing mindfulness can help you connect with your body and manage physical sensations without judgment.

Communication with Your Therapist: Openly communicate any physical side effects you experience with your EMDR therapist. They can offer tailored advice and adjust the treatment plan if needed.

Self-Care: Prioritize self-care activities that help you manage stress and promote overall well-being. This could include spending time in nature, engaging in hobbies, or connecting with supportive individuals.

IV. When to Seek Medical Attention:

Most physical side effects are mild and temporary. However, it's crucial to seek medical attention if you experience:

- Severe or persistent pain
- Intense nausea or vomiting
- Difficulty breathing
- Chest pain
- Any concerning changes in your health

V. Conclusion:

EMDR therapy can be profoundly beneficial for processing trauma, but it's essential to understand that physical side effects are possible. By understanding the underlying mechanisms, employing effective management strategies, and maintaining open communication with your therapist, you can navigate these potential reactions and maximize the benefits of EMDR treatment. Remember, these physical sensations are often signs that the therapy is working and that your body is beginning to release the physical manifestations of trauma.

Article Outline: "Physical Side Effects After EMDR"

Introduction: Hook the reader, overview of the topic.

Chapter 1: Common Physical Side Effects: Detailed list of common side effects.

Chapter 2: Understanding the Mechanisms: Explanation of the physiological and neurological processes involved.

Chapter 3: Managing and Mitigating Side Effects: Practical strategies for managing discomfort.

Chapter 4: When to Seek Medical Attention: Identifying situations requiring professional medical intervention.

Conclusion: Reiterate key points and emphasize the importance of communication with the therapist.

(Detailed explanation of each chapter point is included above in the main article.)

FAQs:

1. Are physical side effects after EMDR common? Yes, they are relatively common and often indicate that the therapy is working.
2. How long do physical side effects last? This varies greatly, from a few hours to a few days, depending on the individual and the intensity of the session.
3. Can I continue my normal activities after an EMDR session? It's advisable to take it easy and prioritize rest, especially after intense sessions.
4. Should I take medication to manage physical side effects? Discuss this with your therapist and/or doctor; medication may be appropriate in some cases.
5. Is it normal to feel worse before feeling better after EMDR? Yes, some temporary worsening of symptoms can occur as the trauma is processed.
6. What if I experience a severe physical side effect? Seek immediate medical attention.
7. Can my therapist help me manage physical side effects? Absolutely! They can provide guidance, support, and potentially adjust the treatment plan.
8. Is it a sign of failure if I experience physical side effects? No, it's a common reaction. It often signifies the processing of traumatic memories.

9. How can I prepare myself for potential physical side effects? By learning about the possibilities beforehand and creating a self-care plan to address them.

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physical side effects after emdr: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Francine Shapiro, 2017-11-20 The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book--now revised and expanded--has been translated into 10 languages. Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size. New to This Edition *Over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies. *New and revised protocols and procedures. *Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. *Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical

Societies in Germany, and other health care associations/institutes around the world.

physical side effects after emdr: Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Marilyn Luber, PhD, 2009-05-18 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 serves as a one-stop resource where therapists can access a wide range of word-for-word scripted protocols for EMDR practice, including the past, present, and future templates. These scripts are conveniently outlined in an easy-to-use, manual style template for therapists, allowing them to have a reliable, consistent form and procedure when using EMDR with clients. The book contains an entire section on the development of resources and on clinician self-care. There is a self-awareness questionnaire to assist clinicians in identifying potential problems that often arise in treatment, allowing for strategies to deal with them. Also included are helpful past memory, current triggers and future template worksheet scripts. Key topics include: Client history taking that will inform the treatment process of patients Resource development to help clients identify and target their problems to regain control when issues appear overwhelming Scripts for the 6 basic EMDR Protocols for traumatic events, current anxieties and behaviors, recent traumatic events, phobias, excessive grief, and illness and somatic disorders Early intervention procedures for man-made and natural catastrophes EMDR and early interventions for groups, including work with children, adolescents, and adults Written workbook format for individual or group EMDR EMDR to enhance performance and positive emotion

physical side effects after emdr: EMDR Francine Shapiro, Margot Silk Forrest, 2016-09-13 Discover the essential guide to Eye Movement Desensitization and Reprocessing therapy (EMDR) from its pioneering creator, Francine Shapiro Gain insights into how painful life experiences are physically stored in our brains and how EMDR therapy can bring relief. Learn how EMDR techniques can be used to address trauma-related conditions, PTSD, depression, anxiety, and other experience-based disorders by exploring clinical case studies. Understand why EMDR is hailed as the most important method to emerge in psychotherapy in decades. EMDR is fundamental reading for practicing psychotherapists and anyone interested in understanding trauma, healing processes, and achieving better mental health.

physical side effects after emdr: Eye Movement Desensitization and Reprocessing (EMDR), Second Edition Francine Shapiro, 2001-08-06 This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 (www.guilford.com/EMDR-appendices). These appendices comprehensively review current research on EMDR and its clinical applications. EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to This Edition: *Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. *Updated protocols and procedures for working with adults and children with a range

of presenting problems.

physical side effects after emdr: EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment Arielle Schwartz, Barb Maiberger, 2018-08-07 A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

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physical side effects after emdr: Every Moment of a Fall Carol E. Miller, 2019-07 Carol E. Miller was sixteen when the private plane piloted by her father crashed, pinning her in the wreckage, critically injuring her parents and killing her twelve-year-old sister. Compounding this traumatic event, her father told her he wished she had died instead of her sister. For the next twenty years, she labored under feelings of guilt and lack of self-worth. When another in a long line of personal crises landed her in therapy with an EMDR (Eye Movement Desensitization and Reprocessing) practitioner, she began at last to investigate the crippling effects of the plane crash. Using bi-lateral stimulation to access her fiercely guarded memories, she learned to challenge the belief that the crash was all her fault, and that she didn't deserve to be alive. This is a brave and revealing memoir of recovery from tragedy, and a fascinating, vividly narrated exploration of the increasingly popular eye-movement therapy developed to heal the wounds trauma leaves in its wake.

physical side effects after emdr: Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology) Daniel J. Siegel, Marion F. Solomon, 2003-03-17 Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including

relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

physical side effects after emdr: *Handbook of EMDR and Family Therapy Processes* Francine Shapiro, Florence W. Kaslow, Louise Maxfield, 2011-01-31 Starting with the Foreword by Daniel Siegel, MD, the Handbook demonstrates in superb detail how you can combine EMDR's information processing approach with family systems perspectives and therapy techniques. An impressive and needed piece of work, Handbook of EMDR and Family Therapy Processes provides a clear and comprehensive bridge between individual and family therapies.

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physical side effects after emdr: Evidence Based Treatments for Trauma-Related Psychological Disorders Ulrich Schnyder, Marylène Cloitre, 2015-01-30 This book offers an evidence based guide for clinical psychologists, psychiatrists, psychotherapists and other clinicians working with trauma survivors in various settings. It provides easily digestible, up-to-date information on the basic principles of traumatic stress research and practice, including psychological and sociological theories as well as epidemiological, psychopathological, and neurobiological findings. However, as therapists are primarily interested in how to best treat their traumatized patients, the core focus of the book is on evidence based psychological treatments for trauma-related mental disorders. Importantly, the full range of trauma and stress related disorders is covered, including Acute Stress Reaction, Complex PTSD and Prolonged Grief Disorder, reflecting important anticipated developments in diagnostic classification. Each of the treatment chapters begins with a short summary of the theoretical underpinnings of the approach, presents a case illustrating the treatment protocol, addresses special challenges typically encountered in implementing this treatment, and ends with an overview of related outcomes and other research findings. Additional chapters are devoted to the treatment of comorbidities, special populations and special treatment modalities and to pharmacological treatments for trauma-related disorders. The book concludes by addressing the fundamental question of how to treat whom, and when.

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up-to-date information on the basic principles of traumatic stress research and practice in that age group, covering epidemiology, developmental issues, pathogenetic models, diagnostics, and assessment. Each of the chapters on treatment, which form the core of the book, begins with a summary of the theoretical underpinnings of the approach, followed by a case presentation illustrating the treatment protocol session by session, an analysis of special challenges typically encountered in implementing this treatment, and an overview of the current evidence base for the treatment approach. A special section considers modern treatments in particular settings, such as schools, hospitals, and juvenile justice systems, and the concluding chapters provide an integrative discussion on how to treat traumatized children and adolescents and an outlook. The book will be invaluable for clinical child and adolescent psychologists, child and adolescent psychiatrists, psychotherapists, and other mental health professionals working with traumatized children and adolescents.

physical side effects after emdr: Encyclopedia of Emotion [2 volumes] Gretchen M. Reevy, 2010-09-07 This unique two-volume reference is an accessible, up-to-date resource for the rich and fascinating study of human emotion. Drawing on both contemporary and classic research, Encyclopedia of Emotion explores the complex realities of our emotional lives and communicates what psychologists have learned about them to date in a clear and captivating way. The landmark work bridges the divide within psychology as a discipline between basic and applied science, gathering together in one comprehensive resource both theoretical and clinical perspectives on this important subject. In two volumes, Encyclopedia of Emotion offers more than 400 alphabetically organized entries on a broad range of topics, including the neurological foundations of emotional function, competing theories of emotion, multicultural perspectives on emotions, emotional disorders, their diagnosis and treatment, and profiles of important organizations and key figures who have shaped our understanding of how and why we feel the way we do.

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physical side effects after emdr: Cultural Competence and Healing Culturally Based

Trauma with EMDR Therapy Mark Nickerson, LICSW, 2016-08-04 This is definitely a book whose time has come. One of the brilliant aspects of the EMDR therapy approach is that it makes it clinically possible to cut through social issues, and yet maintain its cultural consonance. From multiple contributions around the world, each chapter brings significant insights into how EMDR therapy can be culturally attuned and yet efficacious in preserving the individuality of each client. Highly recommended for those therapists who work in multi-cultural settings. -Esly Regina Carvalho, Ph.D., Trainer of Trainers, EMDR Institute/EMDR Iberoamrica and President TraumaClinic do Brasil/TraumaClinic Edições, Brasilia, Brazil. Underscoring the importance of cultural competence, this groundbreaking book focuses on using EMDR therapy with specific populations, particularly those groups typically stigmatized, oppressed, or otherwise marginalized in society. Drawing on social psychology research and theory as well as social justice and social work principles, it delivers general protocols for EMDR intervention for recovery from the internalized effects of cultural mistreatment. Employing best-practice methods for cultural competence as EMDR therapy is introduced to new cultures worldwide, the editor and esteemed EMDR clinician-authors relay their experiences, insights, guidance, and lessons learned through trial and error while adapting EMDR interventions for cross-cultural competency and therapeutic effectiveness The text defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy that embraces authentic social identities and attends to the impact of socially based trauma. Chapters address using EMDR therapy to heal the trans-generational impact of Anti-Semitism, working with the LGBT population, treating an immigrant woman suffering from social anxiety, healing individuals with intellectual disabilities, the traumatizing effects of racial prejudice, harmful cultural messages about physical appearance, EMDR therapy attuned to specific cultural populations and socially based identities, and many other scenarios. The text is replete with step-by-step treatment guidelines to help clients recover from traumatic life events, dos and don'ts, and common adaptive and maladaptive cultural beliefs. Key Features: Defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy Offers innovative protocols and strategies for treating socially based trauma within the EMDR model Presents best practice methods for cultural competence Includes step-by-step treatment guidelines and dos and don'ts Written by highly esteemed EMDR clinician-authors

physical side effects after emdr: EMDR Toolbox James Knipe, PhD, 2014-08-05 [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 This book is the first to bring together in one volume an overview of the principal issues in treatment of dissociative disorders in complex PTSD, and a description of the integration of specific EMDR-related interventions or tools with other psychotherapeutic treatments. These tools can significantly extend the therapeutic power of EMDR-related methods. Each intervention is examined in detail with accompanying transcripts illustrating the nuances and variations in how the intervention is applied. It is written by a highly esteemed EMDR scholar, trainer, international speaker, and author who is an EMDRIA-designated Master Clinician. The book discusses how the concepts and vocabulary of other models of dissociation (particularly the Theory of Structural Dissociation of the Personality, and the Internal Family Systems model) translate directly into EMDR's Adaptive Information Processing language. It presents detailed descriptions of specific EMDR-related tools that are useful in facilitating and safely accelerating therapeutic progress with clients suffering from Complex PTSD. These include such standard EMDR procedures as Trauma Processing and Resource Installation, several conceptual/cognitive/phenomenological models of dissociative personality structures and symptoms, and specific EMDR interventions for resolving dysfunctionally stored 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

physical side effects after emdr: *Healing Moments in Psychotherapy* (Norton Series on Interpersonal Neurobiology) Daniel J. Siegel, Marion F. Solomon, 2013-11-18 Distinguished clinicians explain what lies at the heart of change in effective psychotherapy. A wide range of distinguished scientists and clinicians discuss the nature of change in the therapeutic process. Jaak Panksepp, Ian McGilchrist, Ruth Lanius, Francine Shapiro, and other luminaries offer readers a powerful journey through mindful awareness, neural integration, affective neuroscience, and therapeutic presence to reveal the transformational nature of therapy. *Healing Moments in Psychotherapy* dives deep into the art and science of healing from the perspective of a variety of clinical approaches and scientific viewpoints, including interpersonal neurobiology. Through the voices of a dozen clinicians and scientists presenting their combined experiences and wisdom, it serves as a window into the process of healing. Practical examples and empowering research data support the ways in which therapeutic relationships can help catalyze health and restore wellness within psychotherapy.

physical side effects after emdr: *The Trauma of Doctrine* Paul Maxwell, 2021-01-12 *The Trauma of Doctrine* is a theological investigation into the effects of abuse trauma upon the experience of Christian faith, the psychological mechanics of these effects, their resonances with Christian Scripture, and neglected research-informed strategies for cultivating post-traumatic resilience. Paul Maxwell examines the effect that the Calvinist belief can have upon the traumatized Christian who negatively internalizes its superlative doctrines of divine control and human moral corruption, and charts a way toward meaningful spiritual recovery.

physical side effects after emdr: *The Trauma Therapies* John Marzillier, 2014-07-03 It is well recognized that those who go through a major trauma can go on to experience psychological problems. Many seek psychological help and there is now a range of psychotherapies specifically for those who have been through trauma. In this authoritative book John Marzillier describes and reviews the various forms of trauma therapy, examining what the therapies consist of, their research basis, their similarities and differences, and what they tell us about trauma and its effects. Designed specifically for therapists, and engagingly written, the book ranges from established therapies such as prolonged exposure, EMDR and imaginal reliving to newer developments such as mindfulness meditation, compassionate-focused therapy and energy psychology techniques. Aware that therapy is more than a collection of techniques, Marzillier discusses the nature of psychological trauma, the therapeutic relationship and what psychotherapy can offer. The domination of a quasi-medical model, notably in terms of PTSD, and of evidence-based psychotherapy has led to a misleadingly simplistic notion that effective trauma therapies are those based on exposure. This book does much to dispel this notion. For all psychotherapists and counsellors, this is a valuable book describing the many and varied trauma therapies. It shows how therapists of all persuasions can benefit from further understanding of how best to help those who have been through a major trauma.

physical side effects after emdr: *Diagnosing and Treating Complex Trauma* Trudy Mooren, Martijn Stöfse, 2014-08-01 The term complex trauma refers to a broad range of symptoms resulting from exposure to prolonged or repeated severely traumatizing events. This broad spectrum of psychological symptoms complicates the formulation of an all-encompassing explicit definition, which in turn complicates the creation of specific treatment guidelines. In *Diagnosing and Treating Complex Trauma*, Trudy Mooren and Martijn Stöfse explore the concept of complex trauma with reference to severely traumatised people including refugees, asylum seekers, war veterans, people with severe occupational trauma and childhood trauma and others who have dealt with severe violence. The book introduces a layered model for diagnosing and treating complex trauma in four parts. Part One introduces the concept of complex trauma, its historical development and the various theories about trauma. The authors introduce a layered model that describes the symptoms of complex trauma, and conclude with a discussion on the three-phase model. Part Two describes the diagnostic options available that make use of a layered model of complex trauma. Part Three

discusses the treatment of complex trauma using the three-phase model as an umbrella model that encompasses the entire treatment. Chapters cover a multitude of stabilization techniques crucial to the treatment of every client group regardless of the therapeutic expectations. This part also contains an overview of the general and specific trauma processing techniques. The last chapter in this part covers the third phase of the treatment: integration. Part Four addresses the characteristics of different groups of clients who are affected by complex trauma, the components that affect their treatment and the suggested qualities required of a therapist to deal with each group. The book concludes with a chapter discussing the consequences for therapists providing treatment to people afflicted by complex trauma. Developed from the authors' own clinical experiences, *Diagnosing and Treating Complex Trauma* is a key guide and reference for healthcare professionals working with severely traumatised adults, including psychologists, psychotherapists, psychiatrists, social-psychiatric nurses, and case managers.

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