



Attachment-Focused EMDR: Healing Relational Trauma

By Laurel Parnell Ph.D.

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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.



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Editorial Review

Review

“Parnell’s book is well organized, easy to read, and gives clear examples of what the therapeutic process looks like when using AF-EMDR. . . . This highly accessible book is a welcome addition to the EMDR library and will enrich and inform the skills of mental health professionals who work with relational traumas.” (Milton H. Erickson Foundation Newsletter)

“[T]his book is exceptionally well written . . . Parnell has taken the original model and made it significantly more accessible within the framework of attachment repair and healing trauma. . . . I will be reading her book again and sharing it with my colleagues.” (PsychCentral)

“This book has a clear writing style, a balanced blend of neuroscience and clinical artistry, and an unwavering focus on various types of resources to help even severely traumatized clients repair internal wounds and develop new skills for healthy interpersonal relationships. Clinical examples from Parnell’s own work, as well as extended cases provided by professionals she has trained and supervised, make the sound principles she espouses come alive. Ranging from a clear blueprint to prepare clients for intensive developmental reworking to advanced topics such as resource interweave sequencing, identifying and working with ego states that block processing, and the use of animals to repair disruption in early maternal attachment, *Attachment-Focused EMDR* contains something for every reader at every level of experience. Anyone who treats trauma will benefit from this well-crafted work. I cannot recommend this book highly enough!” (Maggie Phillips, author of *Healing the Divided Self*)

“Realizing the critical importance of both client-therapist attunement and body sensory input, Laurel Parnell blends both to create a unique therapeutic container. Supported by many informative case study dialogues, this book provides a valuable template for the ideal therapeutic interactive process. This groundbreaking book is certain to set a new standard for trauma therapy.” (Robert Scaer, MD, author of *The Trauma Spectrum* and *8 Keys to Brain-Body Balance*)

“Master clinician Laurel Parnell has written a book that does justice to the depth and effectiveness of her clinical work. *Attachment-Focused EMDR* reveals how healing deepens when the power of the EMDR method is brought to bear both upon clients’ relational traumas and upon the healing residing in the genuine connection between client and therapist. Readers will benefit from Parnell’s wisdom, clinical experience, and direct and down-to-earth writing style, as well as the case examples she provides with transcripts from actual sessions. I highly recommend this book?with its relational focus, it will enrich and deepen the practice of any clinician interested in working more effectively.” (Diana Fosha, PhD, Developer of AEDP, co-editor of *The Healing Power of Emotion*)

About the Author

Laurel Parnell, Ph.D., is a psychologist, consultant and EMDR® trainer. She is the author of two previous books on EMDR®, EMDR® in the Treatment of Adults Abused as Children and *Transforming Trauma: EMDR®* as well as articles and a book chapter. Since 1991, Parnell has immersed herself in the practice and development of EMDR® and has trained thousands of clinicians in the United States and abroad.

Users Review

From reader reviews:

Carrie Rivas:

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the actual Mall. How about open as well as read a book called Attachment-Focused EMDR: Healing Relational Trauma? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have various other opinion?

John Warner:

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Sang O'Connor:

The book Attachment-Focused EMDR: Healing Relational Trauma will bring you to the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book you just read, this book very appropriate to you. The book Attachment-Focused EMDR: Healing Relational Trauma is much recommended to you to study. You can also get the e-book from your official web site, so you can more easily to read the book.

Antonette Schneider:

That guide can make you to feel relax. That book Attachment-Focused EMDR: Healing Relational Trauma was colorful and of course has pictures on there. As we know that book Attachment-Focused EMDR: Healing Relational Trauma has many kinds or genre. Start from kids until teenagers. For example Naruto or Detective Conan you can read and think that you are the character on there. Therefore not at all of book usually are make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading that.

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