

# ExeCKemdr~therapy~and~adjunct~approaches~with~c hildren~complex~trauma~attachment~and~dissociatio n

**Niki Gomez-Perales**

EMDR Therapy and Adjunct Approaches with Children Ana M. Gomez, MC, LPC, 2012-07-27 This volume is a welcome and excellent resource for all clinicians working with severely traumatized children. Francine Shapiro, PhD Founder, EMDR Humanitarian Assistance Programs Over the past 15 years, Ms. Gomez has developed highly original and brilliant interventions for working with these very difficult to treat children. This book will be an enormous great gift to our field. Dr. Susan Coates Clinical Professor of Psychology in Psychiatry College of Physicians and Surgeons Columbia University This is the first book to provide a wide range of leading-edge, step-by-step strategies for clinicians using EMDR therapy and adjunct approaches with children with severe dysregulation of the affective system. Written by an author internationally known for her innovative work with children, the book offers developmentally appropriate and advanced tools for using EMDR therapy in treating children with complex trauma, attachment wounds, dissociative tendencies, and compromised social engagement. The book also presents the theoretical framework for case conceptualization in EMDR therapy and in the use of the Adaptive Information Processing model with children. Principles and concepts derived 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 complex trauma, are presented. The text also offers an original and pioneering EMDR therapy-based model to working with parents with abdicated caregiving systems. The model is directed at assisting parents in developing the ability for mentalization, insightfulness, and reflective capacities linked to infantís development of attachment security. A unique and innovative feature of this book is the masterful integration of strategies from other therapeutic approaches, such as Play therapy, Sandtray therapy, Sensorimotor psychotherapy, Theraplay and Internal Family Systems (IFS), into a comprehensive EMDR treatment maintaining appropriate adherence to the AIP model and EMDR therapy methodology. Key Features: Provides creative, step-by-step, ìhow-toî information about the use of EMDR therapy with children with complex trauma from an internationally known and innovative

leader in the field Explores thoroughly the eight phases of EMDR therapy in helping children with attachment wounds, dissociative tendencies and high dysregulation Incorporates adjunct approaches into a comprehensive EMDR therapy while maintaining fidelity to the AIP model and EMDR therapy methodology Contains an original EMDR therapy-based model for helping parents with abdicated caregiving systems to develop metalizing and reflective capacities

Healing the Fractured Child Frances S. Waters, DCSW, LMSW, LMFT, 2016-03-28 Anyone who works with troubled children and their families should not miss this book. *Healing the Fractured Child* weaves together comprehensive theory and neurobiology that substantiate practical treatment guidelines for children and their families. The complexity of symptoms, diagnoses, assessment, use of medication, and a variety of innovative treatment approaches for stabilization, trauma processing and integration are explored and come to life through the clear, practical and touching clinical illustrations peppered throughout the book. Fran Waters has drawn on her vast clinical experience and thorough knowledge of current perspectives on dissociation and child therapy to write an integrative, readable, and immensely useful masterpiece, a gift to the field of child psychology and psychotherapy and to the many therapists, children and parents who will benefit from her wisdom. --Pat Ogden PhD, Founder, Sensorimotor Psychotherapy Institute; Author, *Sensorimotor Psychotherapy Interventions for Trauma and Attachment* A skillfully written, comprehensive and remarkable volume. Well-grounded in theory and full of rich, practical applications and detailed case examples. Water's outstanding work will expand clinicians' capacity to understand and assess dissociation as well as to effectively accompany children in their healing journeys. An essential resource for therapists of all orientations working with trauma and dissociation. Ana M. Gûmez, MC, LPC, Author of *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation* *Healing the Fractured Child* provides an invaluable source of information for all professionals and non-professionals interested in childhood dissociation. Based on her many years of experience in this field, Waters takes us from an explanation of dissociation and related theories to the behaviors which may be noticed by a parent, teacher or doctor, through the assessment quagmire and the challenges of parenting, to the important work of emotional regulation and the identification of self-states, bringing in consideration of where medication can or cannot assist and describing the hard work of trauma processing, to integration, possible relapse, and back again to even stronger internal integration. The intricately described clinical examples provide a plethora of ideas for working with these children and offer readers the encouragement and hope so important for working with children who experienced trauma. Sandra Wieland, Ph.D., R.Psych. Illuminates the most promising treatments available for dissociative children Written by one of the nation's leading practitioners in the field of childhood trauma, abuse, and dissociation, this comprehensive resource fills a void in the literature to provide in-depth knowledge of current interventions for treating dissociation in youth. It describes a detailed, careful assessment process and creative, evidence-supported techniques for helping children and their families to heal from chaotic, traumatizing experiences. With both a theoretical and

practical focus, the book offers proven strategies for successfully treating children and adolescents with varying degrees of dissociation and co-morbid symptoms. It also integrates adjunct therapies in environments beyond those of traditional psychotherapy, such as school, and describes how their strategies can be used effectively to augment therapy and understand dissociative children. Based on a model integrating five prominent therapeutic modalities, and underscoring the importance of attachment style, the book focuses on the neurobiology of trauma, a high co-morbidity of symptoms, specialized clinical interventions, psychopharmacology, and family intervention techniques. Also addressed are adjunct therapies in art, and EMDR. In addition, the book provides a window into the effects of traumatic events such as medical illness that may be overlooked, and safe techniques with dissociative youth who are exhibiting dangerous behaviors. Rich clinical examples demonstrate the various phases of treatment and offer a window into the internal world of dissociative children. This resource provides mental health clinicians, and other health professionals with a wealth of tools to effectively treat this troubled client population. Key Features: Describes theoretical conceptualization and specialized integrative techniques to treat dissociative children effectively Integrates psychotherapy with EMDR, art therapy, neurobiology and psychopharmacology Distills current research on neurobiology of trauma and how to intervene with specially designed treatment strategies Provides in-depth knowledge of the latest creative interventions for treatment across degrees and ages of dissociation, and co-morbid symptoms Sensitizes the therapist to often overlooked traumatic events, e.g. medical illness, that can exacerbate symptoms

Attachment-Focused Trauma Treatment for Children and Adolescents Niki Gomez-Perales, 2015-06-05 Attachment-Focused Trauma Treatment for Children and Adolescents brings together two powerful treatment directions that exponentially expand the knowledge and skills available to child and adolescent trauma therapists. The book provides theoretical knowledge, clinical approaches, and specific, detailed techniques that clinicians will find indispensable in the treatment of the most challenging and high-risk young trauma victims. Also included are case studies, developed from over three decades of experience, that show the reader how to use the techniques in real-life settings. The treatment approach described here is flexible enough to adapt to real clients in the real world, regardless of trauma and attachment histories, family and living situations, or difficulties engaging in supportive therapeutic relationships. Clear and cohesive, the model presented here allows room for the individuality and approach of each therapist so that the therapeutic relationship can evolve in a genuine and unique way. An appendix of photocopiable worksheets gives interactive tools for therapists to immediately use with clients.

**The Handbook of Complex Trauma and Dissociation in Children** Ana M. Gómez, Jillian Hosey, 2025-03-31 The Handbook of Complex Trauma and Dissociation in Children: Theory, Research, and Clinical Applications is a comprehensive and truly vital text for both experienced professionals and novice clinicians alike. In these pages, dozens of experts and

pioneers thoroughly cover the complex nuances of theory, assessment, research, and clinical practice. Specific sections cover etiology, neurobiology, and various theoretical and conceptual models for working with the complexities of cumulative and chronic traumatization in childhood. Additional sections cover standardized and non-standardized assessment and diagnostic tools, as well as the formulation and organization of the clinical interview with children and caregivers. Other chapters provide systematic and comprehensive reviews of current treatment modalities and effective approaches for treating children with complex trauma and dissociation across different stages of early development. The book's co-editors bookend the volume with thorough explorations of the nuanced and multifaceted issues impacting children with complex trauma and dissociative symptoms and features.

**Treating Children with Dissociative Disorders** Valerie Sinason, Renée Potgieter Marks, 2021-12-30 This book provides a comprehensive overview of research into dissociation in children and adolescents and challenges conventional ideas about complex behaviours. Offering a new perspective to those who are unfamiliar with dissociation in children, and challenging prevalent assumptions for those who are experienced in the field, the editors encourage the professional to ask questions about the child's internal experiences beyond a diagnosis of the external symptoms. Chapters bring together a range of international experts working in the field, and interweave theories, practice, and challenging and complex case material, as well as identifying mistakes that therapists can avoid while working with children who dissociate. Filled with practical tools and examples, this book is a vital resource for professionals to enrich their practice with children who dissociate.

**EMDR with Children in the Play Therapy Room** Ann Beckley-Forest, Annie Monaco, 2020-07-28 This book marks an important historic moment in the recognition of therapeutic and intentional play as a crucial and essential component that is interwoven within the eight phases of EMDR therapy with children--

**Transforming Trauma in Children and Adolescents** Elizabeth Warner, Heather Finn, Anne Westcott, Alexandra Cook, 2020-04-28 An innovative somatic and attachment-based treatment for working with children and adolescents who suffer from complex trauma and neglect [This] is a ground-breaking new approach to treating traumatized children, based on the combination of keen clinical observation, sensory integration, and a deep understanding of the latest advances in the neuroscience of trauma.—Bessel van der Kolk, MD, best-selling author of *The Body Keeps the Score* The SMART (Sensory Motor Arousal Regulation Treatment) program addresses three key processes that can be derailed by developmental trauma--somatic regulation, trauma processing, and attachment-building--and uses movement and sensation to target the neurological structures that support emotional and behavioral regulation. *Transforming Trauma in Children and Adolescents* teaches therapists the eight key skills required for SMART mastery and provides seven regulation tools for clients, helping children and adolescents manage their feelings and attend to developmental tasks like making friends, participating at school, learning to play with others, and developing a sense of self that includes--but isn't defined by--the trauma they've

experienced. Enriched with case studies and recommended adaptations, the book includes resources for parents and other caregivers who want to provide ongoing supportive care outside the clinical setting.

**Treating Complex Trauma in Children and Their Families** Cheryl B. Lanktree, John N. Briere, 2016-01-04 One of the few books on the treatment of psychological trauma in children that provides specific, in-depth individual, group, and family therapy interventions for complex psychological trauma, *Treating Complex Trauma in Children and Their Families: An Integrative Approach* focuses on the treatment of 6-12 year-old children and their relevant family members. Renowned authors Cheryl B. Lanktree and John N. Briere use their evidence-based, yet flexible treatment model, *Integrative Treatment of Complex Trauma for Children (ITCT-C)*, as they address the use of play therapy, attachment processing, mindfulness, and other approaches, as well as interventions with family/caretaker and community systems. The authors emphasize a culturally sensitive, destigmatizing, and empowering perspective that supports both recovery and posttraumatic growth. Clinical examples and specific tools illustrate how assessment is used to guide individualized and developmentally-appropriate interventions.

*Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* Carol Forgash, LCSW, BCD, Margaret Copeley, MEd, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation. --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each. --From the foreword by John G. Watkins, PhD, founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from. --Mark Dworkin, author of EMDR and the Relational Imperative [This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma. --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, *Raise Your Kids without Raising Your Voice* I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients. --Sara G. Gilman, in *Journal of EMDR Practice and Research*,

Volume 3, 2009 This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library. --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice. By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population. --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

*Dissociative Identities* Sue Richardson, Melanie Goodwin, Emma Jack, Michele Jowett, 2025-03-31 *Dissociative Identities* draws on expertise from practitioners and survivors to explore therapeutic approaches to dissociation resulting from complex trauma. The contributors provide a vivid insight into what it is like for therapist and survivor to be alongside one another in the therapy room. They highlight the challenges of work with the fragmented internal worlds of those who have survived attachment trauma and explore together what approaches can promote healing and repair. Dissociative identity is reframed from being a disorder to an essential survival skill, and the book includes an open recognition from the perspective of both therapist and survivor of relational challenges, pitfalls, and their impact on the healing process. *Dissociative Identities* will be invaluable for all professionals working with survivors of complex trauma, including psychotherapists, nurses, social workers, clinical psychologists, and counsellors. It will also be of interest to survivors and their networks.

Rebuilding Attachments with Traumatized Children Richard Kagan, 2014-06-03 Learn to build the trust you need to help children in crisis! *Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect* is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them. Author Dr. Richard Kagan, Director of Psychological Services for Parsons Child and Family Center in Albany, New York, presents comprehensive information on how to understand—and surmount—the impact of loss, neglect, separation, and violence on children’s development, how to discover and foster strengths in children and their families, and how to rebuild connections and hope for children who are at risk of harm to themselves and others. This unique book is designed to be used in tandem with Real

Life Heroes: A Life Storybook for Children (Haworth), an innovative workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride. Rebuilding Attachments with Traumatized Children helps children move from negative or suppressed memories to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives. Practitioners can use the book as a framework and detailed guide to assessment, engagement, development of service plans, and implementation of attachment and trauma therapy. The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated. Topics examined in Rebuilding Attachments with Traumatized Children include: attachment theory and research types of attachment problems PTSD behaviors permanency work with children in placement ADHD, bipolar, and RAD cognitive behavioral therapies storytelling therapies the myth of perfection neuropsychological patterns and much more! Rebuilding Attachments with Traumatized Children is a rich resource for practitioners, academics, parents, adoptive parents, foster parents, grandparents, and anyone working to show troubled children how to learn from the past, resolve problems in the present, and build a better future.

**Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR** Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong, 2014-03-31 A practical guide to treating children suffering from early attachment trauma. Loss of a parent, separations, abuse, neglect, or a history of a difficult foster or orphanage experience can lead to profound emotional dysregulation and mistrust in children. Working with these children—many of whom have experienced multiple traumas and losses—can feel overwhelming. Clinicians must navigate complex case management decisions and referrals, address the needs of parents and schools, not to mention ameliorate the traumatic memories and severe behaviors that present in the kids. But by working as a collaborative team, EMDR and family therapists can, together, strengthen the parent-child attachment bond and help to mend the early experiences that drive the child's behavior. This book, and its accompanying Parent Manual, are intended to serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. You need not be a center specializing in attachment trauma to implement this team model, nor must members of the team practice at the same location. With at least one fully-trained EMDR practitioners as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma. Also available is the accompanying parent's guide, Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma, filled with effective techniques to help challenging children with traumatic pasts

Treating Complex Traumatic Stress Disorders in Children and Adolescents Julian D. Ford, Christine A.

Courtois,2013-07-11 With contributions from prominent experts, this pragmatic book takes a close look at the nature of complex psychological trauma in children and adolescents and the clinical challenges it presents. Each chapter shows how a complex trauma perspective can provide an invaluable unifying framework for case conceptualization, assessment, and intervention amidst the chaos and turmoil of these young patients' lives. A range of evidence-based and promising therapies are reviewed and illustrated with vivid case vignettes. The volume is grounded in clinical innovations and cutting-edge research on child and adolescent brain development, attachment, and emotion regulation, and discusses diagnostic criteria, including those from DSM-IV and DSM-5. See also Drs. Courtois and Ford's edited volume *Treating Complex Traumatic Stress Disorders (Adults)* and their authored volume, *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach*.

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