

READING MATERIAL AND OTHER RESOURCES

The following reading and resources are either required or recommended as part of your training and formation in EMDR Therapy. **The only book that the EMDR International Association (EMDRIA) requires as part of the training is Dr. Shapiro's 2018 textbook.** We do not recommend that you try to tackle this before the training. In our experience, it makes the most sense to read *after* your Part I training.

The following symbols to indicate the most ideal time to read each resource:

- * Before the training
- + After Part I
- ++ After Part II
- ** After completion of full basic training/consultation
- x Read at any time depending on your needs

Required Reading (per EMDRIA)

+ Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing: Basic principles, protocols, and procedures*, 3rd ed. New York: The Guilford Press.

Required Supplemental Resources (per EMDRIA)

[Go With That Magazine: Special Issue on EMDR and Racial Trauma \(Fall 2020\)](#)

[Guidelines for Virtual EMDR Therapy \(EMDRIA, January 2020\)](#)

[EMDRIA Library https://www.emdria.org/library/](https://www.emdria.org/library/)

Suggested Reading & Resources (per EMDRIA)

[The EMDRIA Definition of EMDR Therapy \(September 2019\)](#)

[Updated EMDR Therapy Reading & Research Lists \(2021\)](#)

[Journal of EMDR Therapy Practice and Research, Special Issue \(2019\)](#)

[About EMDRIA Membership and Programming](#)

EMDRIA additionally suggests their [Online EMDR Therapy Resources](#), where you can access information on remote technology for offering BLS/DAS via telehealth.

Recommended Videos to Watch and Article to read from Your Training Team

[Dr. Jamie Marich TEDx Talk \(2015\): Healing The Wounds that Keep Us Stuck](#)

[Dr. Nadine Burke Harris TEDxTalk \(2015\): How Childhood Trauma Affects Healing Across the Lifetime](#)

[Hand Model of the Human Brain: Dr. Dan Siegel](#)

[EMDR: Introduction to EMDR Therapy \(2019\)](#)

[EMDR and PTSD \(News Story, 2009\)](#)

[Prince Harry Targets Painful Memories and Trauma in On-Camera EMDR Therapy Session](#)

[EMDR: What is EMDR Therapy \(the 8 phases\)](#)

[How EMDR Works \(from Vereniging EMDR Netherland\)](#)

Other Suggested Reading & Resources from Your Training Team

General Trauma Reading:

x Banitt, S.P. (2012). *The trauma toolkit: Healing trauma from the inside out*. Wheaton, IL: Quest Books.

x Marich, J. (2014). *Trauma made simple: Competencies in assessment, treatment, and working with survivors*. PESI Publishing: Eau Claire, WI.

x Scaer, R. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. New York: W. W. Norton & Company.

x Van Der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Viking.

x Yalom, I. (2001). *The gift of therapy: Reflections on being a therapist*. London, England: Piatkus.

EMDR-Related Resources:

++ Dworkin, M. (2005). *EMDR and the relational imperative: The therapeutic relationship in EMDR treatment*. New York: Brunner-Routledge.

++ Marich, J. (2011). *EMDR made simple: Four approaches to using EMDR with every client*. Eau Claire, WI: PESI Publishing (Premiere).

+ Marich, J. & Dansiger, S. (2018). *EMDR therapy and mindfulness for trauma-focused care*. New York: Springer Publishing Company

++ Nickerson, M. (Ed.) (2016). *Cultural competence and healing culturally based trauma with EMDR therapy*. New York: Springer Publishing Company.

** Parnell, L. (2007). *A therapist's guide to EMDR: Tools and techniques for successful treatment*. New York: W. W. Norton & Company.

x Parnell, L. (2008). *Tapping in: A step-by-step guide to activating your healing resources through bilateral stimulation*. Boulder, CO: Sounds True Books.

* Shapiro, F., & Forrest, M. (2004). *EMDR: The breakthrough “eye movement” therapy for overcoming stress, anxiety, and trauma. Updated Edition.* New York: Basic Books.

* Shapiro, F. (2013). *Getting past your past: Take control of your life with self-help techniques from EMDR therapy.* Emmaus, PA: Rodale Books.

Documentaries:

x Burns, M. (Producer & Director). (2011). *EMDR: We transform pain or we transmit it* [Documentary]. United States: Michael P. Burns.

x Curran, L. (Director). (2012). *Trauma treatment for the 21st century* [Educational Documentary]. United States: Premiere Education & Media.

x Donovan, F. (Producer), & Nalepinski, B. (Director). (1999). *EMDR: Looking through hemispheres* [Documentary]. United States: Fran Donovan Productions.

Helpful Websites:

EMDR International Association – EMDRIA (Information on EMDR Therapy, Training/Education, Client focused resources, Therapist focused resources, Research)
[EMDR International Association Home | EMDR Practitioners \(emdria.org\)](http://www.emdria.org)

Institute for Creative Mindfulness (EMDR Therapy Demonstration Videos, Dissociation & Addiction Resources, Free Webinars, Yoga & Mindfulness Resources)
www.instituteforcreativemindfulness.com

Trauma Made Simple: The Official Book Website
Client-Focused Trauma Stabilization Videos & Recordings
www.traumamadesimple.com

The Trauma Therapist Project (Dr. Guy MacPherson)
Resources for Trauma Therapists
www.thetraumatheapistproject.com

An Infinite Mind (Dissociation Resources)
www.aninfinitemind.com

DID Research (Dissociation Resources)
www.did-research.org

International Society for the Study of Trauma & Dissociation
www.isst-d.org