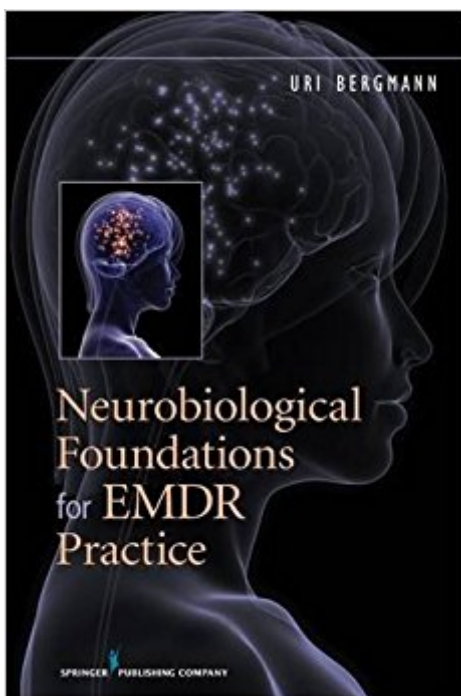


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# Neurobiological Foundations For EMDR Practice



## **Synopsis**

This volume introduces the most current research about the neural underpinnings of consciousness and EMDR (eye movement desensitization and reprocessing) in regard to attachment, traumatic stress, and dissociation. It is the first book to comprehensively integrate new findings in information processing, consciousness, traumatic disorders of information processing, chronic trauma and autoimmune compromises, and the implications of these data on the Adaptive Information Processing (AIP) model and EMDR treatment. The text examines online/wakeful information processing, including sensation, perception, somatosensory integration, cognition, memory, language and motricity, and off-line/sleep information processing, such as slow wave sleep and cognitive memorial processing, as well as REM/dream sleep and its function in emotional memory processing. The volume also addresses disorders of consciousness, including coma, anesthesia, and other neurological disorders, particularly disorders of Type 1 PTSD, complex PTSD/dissociative disorders, and personality disorders. It delves into chronic trauma and autoimmune function, especially in regard to diseases of unknown origin, and examines them from the perspective of autoimmune compromises resulting from the unusual neuroendocrine profile of PTSD sufferers. The final section integrates all material to illustrate the tenets of the AIP model and the implication of this material with respect to current EMDR treatment, as well as techniques to render it more robust.

**Key Features:** Provides a neurobiological foundation that informs our understanding of human development, disorders of attachment, and information processing. Examines biological underpinnings of EMDR and other psychotherapeutic modalities regarding successful treatment outcomes for attachment, stress, and dissociation. Offers the latest research in neurosciences relevant to attachment, traumatic stress, and dissociation. Explicates disorders as outcomes of chronically dysregulated, evolutionarily based, biological action systems. Illustrates EMDR's sensorial input to the brain as a neural catalyst that can facilitate repair of dysfunctional neural circuitry. Includes illustrative neural maps.

## **Book Information**

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## Customer Reviews

"This volume introduces the most current research about the neural underpinnings of consciousness and EMDR (eye movement desensitization and reprocessing) in regard to attachment, traumatic stress, and dissociation. It is the first book to comprehensively integrate new findings in information processing, consciousness, traumatic disorders of information processing, chronic trauma and autoimmune compromises, and the implications of these data on the Adaptive Information Processing (AIP) model and EMDR treatment. The text examines online/wakeful information processing, including sensation, perception, somatosensory integration, cognition, memory, language and motricity, and off-line/sleep information processing, such as slow wave sleep and cognitive memorial processing, as well as REM/dream sleep and its function in emotional memory processing. The volume also addresses disorders of consciousness, including coma, anesthesia, and other neurological disorders, particularly disorders of Type 1 PTSD, complex PTSD/dissociative disorders, and personality disorders. It delves into chronic trauma and autoimmune function, especially in regard to diseases of unknown origin, and examines them from the perspective of autoimmune compromises resulting from the unusual neuroendocrine profile of PTSD sufferers. The final section integrates all material to illustrate the tenets of the AIP model and the implication of this material with respect to current EMDR treatment, as well as techniques to render it more robust.

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Uri Bergmann, PhD, is in full-time private practice working with adults, adolescents and children, including individual, marital, and family treatment. He supplements his practice as a forensic expert for defense attorneys. Dr. Bergmann has published in JEMDR Practice and Research and Traumatology. His presentations are recognized around the world including key note addresses at ISSD, EMDRIA, EMDR Europe, American Group Psychotherapy, and the International Association of Group Psychotherapy. He is an Editorial Board member of JEMDR Practice and Research and Traumatology, an EMDRIA Approved Trainer and Consultant and EMDR Institute Facilitator, on the Board of Directors, EMDR International Association, a Fellow, New York State Society for Clinical Social Work, and Past Vice President, State Board of Directors, New York State Society for Clinical Social Work

Only for those who thirst to understand the magic of our oh so complex human nature!

Even if not interested in EMDR you could read this book for a fantastic review on the basis of neurosciences Very interesting on memory and the BrainNew concept of coherence between neurons well explained Important considerations of difference between PTSD type 1 and PTSD with dissociation Several citations of Kandel (nobel Price for work on memory)

This is a state of the art resource highly recommended for any clinician, but especially anyone doing EMDR. This may be the best book integrating neuroscience and psychotherapy.

This book is written in a very consumable style considering the type and depth of content! I highly recommend it for all interested in EMDR and its neural basis.

As EMDR enters its third decade, the research on it has moved beyond establishing that it works and has gotten more focused on why it works. If the reader is looking for a review and explanation of the various neurophysiological studies done on EMDR over the past 17 years, particularly the more recent work involving neuroimaging (for example, the neuroimaging showing EMDR increases hippocampal volume in patients with PTSD, a significant finding given that we know chronic PTSD is associated with decreased hippocampal volume), this is not the book to purchase. Relatively little time is spent with a specific focus on EMDR - far more than the majority is spent discussing current theories and research on neurobiological functions of the brain and pathology. This is done in a steady fashion, building upon presented material, and building, at least for this reader, the

expectation that all of what was covered would eventually be specifically related to EMDR. For example, after the first chapter, the introduction, seven chapters cover aspects of neurobiology. EMDR's AIP model and its eight phases share space in one chapter with a discussion of somatoform symptoms versus medically unexplained symptoms. The next chapter is "Closing Thoughts." Dr. Bergmann does have suggestions for the model that rely on his belief that the neuroscience he discusses provides a foundation for psychoanalytic theory. More specifically, that an important consideration should be the reflection of the client's state through the therapist attending to her or his own state, noting the responses the therapist has to the client, and then conveying those responses to the client in a mirroring process as a technique for producing greater efficiency in EMDR processing. The need for this technique is based on his opinion that EMDR works well on Type I PTSD but apparently is slower and has difficulty with other, more complex conditions. Surprisingly, in a book crammed with references on performed studies, there are no references to back up this claim. That any therapy would proceed more slowly the more complex the client's presentation would appear to be a fairly reasonable expectation, thus possibly explaining Dr. Bergmann's EMDR encounters with complex cases - not discussed is the issue of how EMDR compares with other therapies, such as psychoanalysis, in terms of efficiency when encountering complexity. Essentially, Dr. Bergmann appears to be talking about the power of empathy and the therapeutic relationship. Of course, the founder of EMDR continues to stress the role of the client-therapist relationship and recently M. Dworkin's "EMDR and the relational imperative" (which Dr. Bergmann cites), covered this ground in a fine fashion. The great value of this book is to be found in those chapters that provide us with a review of the neurobiology of the brain and its functions - multiple threads are brought together and produce a weave most mental health professionals will be able to see without a great deal of difficulty. Its secondary value is found in its building of a case for the introduction into the EMDR model of theoretical concepts developed in ego psychology and psychoanalytic theory - not all readers will agree the case has been made but it certainly is a stronger argument than is typically made by those who wish to integrate older theories and techniques with EMDR.

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