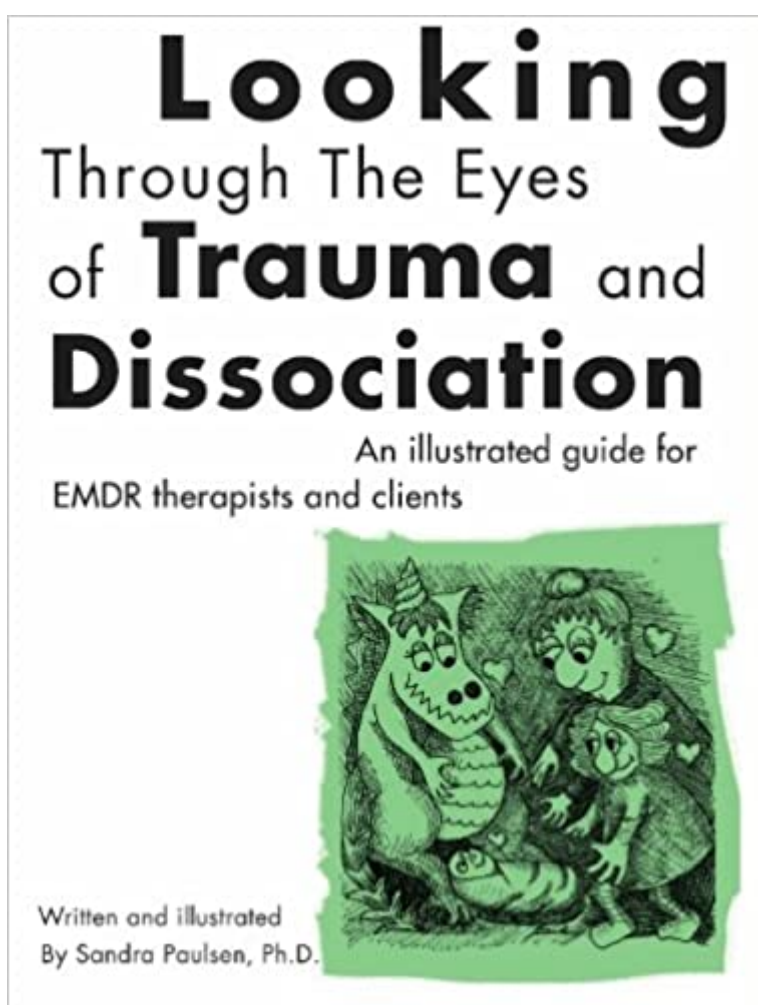


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# Looking Through The Eyes Of Trauma And Dissociation: An Illustrated Guide For EMDR Therapists And Clients



## Synopsis

This book is created with over 100 original cartoons so that not only therapists can understand the treatment of traumatic dissociation, but their clients can as well. It describes the use of ego state therapy in preparation for trauma work, especially EMDR.

## Book Information

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## Customer Reviews

Sandra Paulsen. Dr Paulsen is author and illustrator of, *Looking Through the Eyes of Trauma & Dissociation: An Illustrated Guide for EMDR Therapists and Clients*, which has been translated into Japanese and German. She is a fellow of the International Society for the Study of Trauma and Dissociation and co-edited *The Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self* (2014). She is co-authoring and illustrating a childrens book on dissociation with Ana Gomez. Dr Paulsen was invited faculty at the First and Third World Congresses of Ego State Therapy in Germany, 2003 and South Africa, 2010, Japan EMDR Conference 2010, Masters Series Lecturer at EMDRIA conference in Toronto, 2004. She wrote chapters in *Corsini's Encyclopedia of Psychology* and *Handbook of Innovative Psychotherapy*, and in *Shapiro's Solutions II*, *Forgash's Healing the Heart of Trauma*, and *Luber's EMDR Scripted Protocols*. She has collaborated with John G. Watkins, originator of ego state therapy. She was Assistant Professor of Psychiatry and Associate Professor of Psychology at the University of Hawaii; and Acting Chief Psychologist at Queens Medical Center in Honolulu. She now lives and works on Bainbridge Island, near Seattle,

specializing in intensive treatment for early trauma and attachment injuries and teaches workshops around the world in ego state therapy and dissociation, somatic therapy for EMDR practitioners and the Early Trauma protocol of EMDR for attachment injuries.

I like this book for the most part, and good information in regards to theory and neurobiology; however, it is very heavy in the area of Ego State Therapy, and not as much of an EMDR book as I thought it would be. I do not do Ego state therapy in my practice, so a lot of it was not entirely applicable for me.

On the way to a better understanding of myself assisted by this book, a solid EMDR therapist, and patience.

Fantastic book! I just began therapy for DID, and my therapist recommended it for me...it has helped so much! The author did a great job of blending her text and drawings. I would recommend this book for anyone.

This is an extremely helpful book for both me and my client. Sometimes I wish it were more specific in some of the techniques but that is really for another book. My clients and I have greatly benefitted from the cartoon pictures, which more easily reach hard to teach parts. I will use this for years to come.

Covers all the bases and gives what you need to continue into the realm of EMDR. This is a practiced field that needs the user to continue to learn and grow in order to fully help your clients. Just when you think you know what you're doing, along comes a patient that challenges your abilities and that's where this book can be the difference between helping the individual and failing them.

Easy to follow, understand, and apply. Background knowledge in trauma and dissociation helpful--however this format helps to make the complexity of the neurology and psychology immediately practical via the format and clinically / therapeutically relevant strategies.

This is an incredible clinical tool. The pictures are worth a 1,000 words. I highly recommend this for all clinicians. A valuable resource to have in your library. Easy way to get the basics and be able to

use the tools.

Excellent book. Understood foundation and application after viewing the accompanying workshop.

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