



Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters: Models, Scripted Protocols and Summary Sheets

Dr. Marilyn Luber PhD

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"In this latest insightful volume gathered and edited by Marilyn Luber, the authors have combined the lessons learned with personal accounts of how they proceeded. There is still much to be done to integrate mental health care effectively into disaster response worldwide, but this volume will help to point the way to best practices."

--**Robert Gelbach**, PhD

Past Executive Director at EMDR Humanitarian Assistance Programs

Eye Movement Desensitization and Reprocessing (EMDR) is a method of psychotherapy that has been extensively researched and proven effective for the treatment of trauma.

This book presents EMDR early-response intervention protocols for such traumatic events as earthquakes, mining accidents, tsunamis, and ongoing warfare. It also provides concise summary sheets to facilitate quick information retrieval in perilous circumstances.

The book is authored by several of the first generation of therapists who successfully employed EMDR as a clinical treatment for acute stress following massive trauma events. They vividly describe their experiences and the protocols and models they developed to respond to disaster. The book describes two of the most commonly used resources: the Butterfly Hug and the Four Elements Exercise for Stress Management.

Includes new information on acute stress, secondary PTSD, and vicarious traumatization growing out of interventions subsequent to natural disasters, warfare, and massacres in Turkey, Asia, the Middle East, South and Central America, and the United States. Interventions that can be put to use on site and posttrauma are presented for groups, including work with children, adolescents, and adults and with special populations.

Additionally the book addresses working with first responders such as firefighters, EMS workers, and others when using EMDR. It facilitates the gathering and organizing of client data and contains updated and new scripted protocols, as well as summary sheets from *EMDR Scripted Protocols: Basics and Special Situations* and *EMDR Scripted Protocols: Special Populations*. Also included are templates for repeat use and an interactive PDF.

Key Features:

- Provides EMDR early-intervention procedures for man-made and natural catastrophes
- Addresses EMDR and early interventions for groups of all ages and special populations
- Highlights international perspectives on how to organize a mental health response for recent traumatic events
- Includes early-intervention scripts and summary sheets for individuals, groups, and special populations, as well as self-care scripts for clinicians

- Offers concise summary sheets for quick information retrieval

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