

# EMDR and Dissociation: The Progressive Approach

FIRST EDITION (REVISED)



ANABEL GONZALEZ &  
DOLORES MOSQUERA

11 in  
27 cm

# Emdr And Dissociation The Progressive Approach

**Sandra Paulsen**



## **Emdr And Dissociation The Progressive Approach:**

Emdr and Dissociation: The Progressive Approach Anabel Gonzalez, 2012-06 EMDR is a psychotherapeutic approach developed for the treatment of PTSD meanwhile practicing clinicians have found the application of EMDR to be useful in treating patients who have experienced emotionally traumatic events which they described as distinctive of their family of origin their personal life history and their attachment relations In this book the authors describe some of the basic aspects that therapists must understand in order to adequately apply EMDR in the more severe cases including dissociative disorders personality disorders and different types of complex traumatization **Treating Complex Traumatic Stress Disorders in Adults** Julian D. Ford, Christine A. Courtois, 2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book Treatment of Complex Trauma which presents their own therapeutic approach for adult clients in depth and their edited volume Treating Complex Traumatic Stress Disorders in Children and Adolescents Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets Marilyn Luber, 2018-10-28 This one stop resource focuses on applying EMDR scripted protocols to medical related conditions Edited by a leading EMDR scholar and practitioner it delivers a wide range of step by step protocols that enable beginning clinicians as well as seasoned EMDR clinicians trainers and consultants alike to enhance their expertise more quickly when working with clients who present with medical related issues such as eating and body image dysregulation relationship distortion chronic pain and maladaptive self care behaviors The scripts are conveniently outlined in an easy to use manual style template facilitating a reliable consistent format for use with EMDR clients The scripts distill

the essence of the standard EMDR protocols They reinforce the specific parts sequence and language used to create an effective outcome and illustrate how clinicians are using this framework to work with a variety of medical related issues while maintaining the integrity of the AIP model Following a brief outline of the basic elements of EMDR procedures and protocols the book focuses on applying EMDR scripted protocols to such key medical issues as eating and body image dysregulation chronic pain experiences such as migraine and fibromyalgia and maladaptive self care behaviors It includes summary sheets for each protocol to facilitate gathering information client documentation and quick retrieval of salient information while formulating a treatment plan Protocols for clinician self care add further to the book s value Key Features Encompasses a wide range of step by step scripts for medical related issues Includes scripted protocols and summary sheets in strict accordance with the AIP model Facilitates the rapid development of practitioner expertise Outlined in convenient manual style template Includes scripts for EMDR treatment of clients with eating disorders and body image dysregulation headaches fibromyalgia relationship distortion maladaptive self care behaviors and more

Understanding Dissociative Identity Disorder Lindsay Schofield, 2021-12-22 This accessible guidebook has been created to be used alongside the picture book Our House Making Sense of Dissociative Identity Disorder as a broad introduction to childhood trauma and its legacies with a focus on dissociation and DID This clear and easy to read resource offers an insight into trauma its continuing effects and the continuum of dissociation Practical exercises and opportunities for reflective discussion are included throughout to encourage personal engagement either individually or through treatment Written with clinical accuracy warmth and compassion it will expand the reader s knowledge of DID and deepen the understanding application and usefulness of the picture book Key features include Photocopiable and downloadable resources and activities designed to develop a richer and more personal understanding of the development of DID A page by page insight into images from the picture book Further reading suggestions and information about treatment and support for survivors as well as for the family friends and professionals who journey with them Bringing clarity to a complex issue this is an invaluable resource for survivors of trauma and for those who support them counsellors psychologists social care workers and other professionals as well as family and friends

EMDR Toolbox, Second Edition James Knipe, 2018-09-28 Praise for the first Edition Reading this book has given me a whole host of new ideas about working with complex and dissociative clients Clear and engaging peppered with relevant case histories this book would make an important addition to anyone s EMDR related book collection Dr Robin Logie EMDR UK Ireland A brilliant and accessible book The information in this book will revolutionize EMDR treatment with complex trauma dissociated clients Carol Forgash LCSW BCD This book is a jewel for EMDR clinicians It is also recommended for any professional interested in the treatment of complex disorders Jim Knipe is a highly gifted professional and this is the result of many years of experience and practice Dolores Mosquera MS Amazon Review This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR based Tools useful strategies for helping

difficult to treat clients with complex emotional problems The second edition reflects the author s ongoing efforts to design treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing model It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories It also describes how to integrate specific EMDR related interventions with other psychotherapeutic treatments Each intervention is examined in detail with accompanying transcripts client drawings and case studies illustrating the nuances and variations in intervention application Bolstered by supporting theory and current research the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR s Adaptive Information Processing AIP language New to the Second Edition Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems Includes two completely new chapters Internal Healing Dialogue and Case Example treating the problem of attachment to the perpetrator Provides new case examples on childhood sexual abuse Offers new sections on treating chronic defensive shame the importance of fast vs slow thinking processes and new applications of Loving Eyes procedures Includes ebook with the purchase of print version Key Features Written by an EMDRIA designated Master Clinician Delivers successful treatments alternatives for difficult to treat clients Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD Includes specific AIP tools verbatim therapy scripts client drawings and case studies Discusses each intervention in detail illustrating the nuances and variation in different applications

□Anabel Gonzalez□,2022-08-31 4 7 Aleksandr Solzhenitsyn 1 2 3 1 4 7 2 3      *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* Carol Forgash,Margaret Copeley,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

*Healing Addiction EMDR Therapy* Jamie Marich, Stephen Dansiger, 2021-08-09 There are just so many things that I love about this book that I simply don't know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What

protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge

**EMDR et dissociation** Anabel González, Dolores Mosquera, 2022

**EMDR Toolbox** Jim Knipe, 2014-08-05 Print CourseSmart

**When There Are No Words**, 2017-01-24 This book intended for clinicians treating very early trauma and neglect in the attachment period integrates several treatment strategies in a comprehensive and resonant approach that is attuned to the client's unspoken early experience Although the book presumes EMDR training it has considerable application for other clinicians who deal with the pernicious effects of early trauma and neglect in the attachment period The book is based on the seminal contributions of Katie O Shea and integrates the author's understanding of complex trauma dissociative disorders and the neurobiology of traumatic dissociation including Panksepp Porges Schore and others It draws upon the somatic therapy traditions of Peter Levine and others for accessing the somatically held unprocessed trauma responses Although primarily for

clinicians the cartoons are also suitable for use with clients Like the author's first book on dissociation the lay public will be interested in the book because its cartoons make the information comprehensible The early trauma approach in its basic form consists of 1 containment 2 safe state 3 resetting hardwired subcortical affective circuits and 4 clearing trauma by time frame for temporal integration For complex cases each step has ego state variations and there are more preparatory steps to ensure the self system is aligned with treatment goals It integrates ego state work to reduce loyalty to the aggressor and the problem of perpetrator introjects The author was a collaborator of the late father of ego state therapy John G Watkins Ph D Sandra Paulsen offers a third integration approach temporal integration to supplement the tactical integration and strategic integration approaches of Catherine Fine Ph D and Richard Kluft M D respectively The book has over a hundred original drawings by the author which telegraph complex psychological and neurobiological concepts quickly making the book a quicker read than would otherwise be possible The format with its generous use of bullets white space and cartoons mean that a range of readers can scan the chapters for the information relevant to their own needs Appendices provide detailed information on the mechanics of the work how to ethically work in the intensive format containment procedures for complex cases working with perpetrator introjects Although the book is informal with its use of cartoons the book includes relevant scholarly citations and references Because it is both metaphoric and scholarly it speaks to both the right and left hemisphere of the reader's brain Many concepts will slip in unawares through the compelling use of metaphor The book includes case examples to illustrate the suggested scripting for accomplishing each of the relevant steps Narrative discussion describes the most likely problems for each step and what to do about them Katie O Shea M S is acknowledged as contributing author because of her development of the original approach and some of the ideas contained in the book Ulrich Lanius Ph D contributed to the neurobiological understandings in the book Above all the author's goal is to help others understand how the story tells itself non verbally when trauma occurs in the attachment period and is held in implicit memory When we hear of the story in the non verbals clinicians can catch and release the traumatic sequelae of very early trauma and neglect The book includes worksheets for clinicians use It supplements the online workshops that Dr Paulsen presents on this same topic and others see [www.bainbridgepsychology.com](http://www.bainbridgepsychology.com)      **Contemporary Psychiatric-mental Health Nursing** Carol A.

Glod,1998 This unique text presents the most current biological and behavioral theories of mental illness The emphasis is on the practical application of information to help students understand the experience of what it means to have a particular disorder and how it feels to be on psychotropic medication Also a variety of therapies are covered and treatment in the community is stressed      **Neurobiology and Treatment of Traumatic Dissociation** Ulrich F. Lanius,Sandra L.

Paulsen, Frank M. Corrigan,2014-05-13 Encompassing the contributions of expert clinicians and researchers in the area of traumatic stress and dissociation this volume is the first to integrate current neuroscience research regarding traumatic dissociation with several cutting edge approaches to treatment providing a comprehensive neurobiologically based treatment

approach The text discusses current neuroscientific research regarding traumatic stress and dissociation that includes attachment affective neuroscience polyvagal theory structural dissociation and information processing theory yielding a comprehensive model that guides treatment and clinical interventions for traumatic dissociation It then integrates this model with stage oriented treatment and current therapeutic interventions including EMDR somatic and body psychotherapy approaches Ego State Therapy and adjunctive pharmacological interventions Readers are given hands on practical guidance regarding clinical decision making enabling them to make sound choices about interventions that will facilitate optimal treatment outcomes Key Features Provides a broad based treatment approach to traumatic stress syndromes and dissociation Offers accessible current research in the basic neurosciences relevant to our understanding of attachment traumatic stress and dissociation Includes practical suggestions for integrating EMDR somatic and body psychotherapy approaches with Ego State Therapy and adjunctive pharmacological interventions Integrates concepts from the affective and cognitive neurosciences and the study of consciousness Presents a comprehensive neurobiological model that accounts for the therapeutic effects of both somatic therapies and EMDR as well as adjunctive pharmacological interventions

**Dissociation Made Simple** Jamie Marich, PHD,2023-01-10 Dissociation 101 The go to guide for understanding your dissociative disorder breaking the stigma and healing from trauma related dissociation Just as important as The Body Keeps the Score but an easier read for me 5 star reader review Guided by clinical counselor Jamie Marich a trauma informed clinician living with a dissociative disorder herself this book tells you everything you need to know about dissociation but were too afraid to ask Here you ll learn What dissociation is and why it s a natural response to trauma How to understand and work with your parts the unique emotional and behavioral profiles that can develop from personality fragmentation There s nothing shameful about dissociating that in fact we can all dissociate Skills and strategies for living your best authentic and most fulfilled life What to look for in a therapist choosing a healer who sees you and gets it Foundational elements of healing from trauma including PTSD and C PTSD With practical guided exercises like The Dissociative Profile and Parts Mapping this book is written for those diagnosed with dissociative disorders clinicians and therapists who treat trauma and dissociation and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder DID Dissociation Made Simple breaks it all down accessibly and comprehensively with empowerment and support and without stigma judgment or shame

**EMDR-Sandtray-based Therapy** Ana M. Gómez,2025-08-12 A powerful multimodal approach for trauma healing Sandtray therapy offers a powerful symbol image and metaphor based pathway to healing while EMDR therapy activates information processing to integrate and assimilate traumagenic memories Both are powerful approaches for working with clients suffering from complex trauma and when combined EMDR sandtray based therapy offers multiple roads into the traumatogenic memory networks that may not be accessible otherwise enhancing the delicate work of healing the legacy of complex trauma This book introduces a multimodal

approach to trauma healing that integrates principles from various methodologies With a wealth of resources case examples hands on strategies and moment to moment decision making markers it is a practical and comprehensive guide for EMDR and sandtray clinicians experts and novices alike Various delivery formats for this therapy are explored including individual group family and dyadic modalities thus offering robust pathways for healing

**Treating Trauma-Related Dissociation** Kathy Steele, Suzette Boon, Onno van der Hart, 2016-11-29 Winner of the 2017 International Society for the Study of Trauma and Dissociation ISSTD Pierre Janet Writing Award Establishing safety and working with dissociative parts in complex trauma therapy Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients This book arose not only out of countless hours of treating patients with dissociative disorders but also out of the crucible of supervision and consultation where therapists bring their most urgent questions needs and vulnerabilities The book offers an overview of the neuropsychology of dissociation as a disorder of non realization as well as chapters on assessment prognosis case formulation treatment planning and treatment phases and goals based on best practices The authors describe what to focus on first in a complex therapy and how to do it how to help patients establish both internal and external safety without rescuing how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation how to set and maintain helpful boundaries specific ways to stay focused on process instead of content how to deal compassionately and effectively with disorganized attachment and dependency on the therapist how to help patients integrate traumatic memories what to do when the patient is enraged chronically ashamed avoidant or unable to trust the therapist and how to compassionately understand and work with resistances as a co creation of both patient and therapist Relational ways of being with the patient are the backbone of treatment and are themselves essential therapeutic interventions As such the book also focused not only on highly practical and theoretically sound interventions not only on what to do and say but places strong emphasis on how to be with patients describing innovative compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology Throughout the book core concepts fundamental ideas that are highlighted in the text in bold so they can be seen at a glance are emphasized These serve as guiding principles in treatment as well as a summing up of many of the most important notions in each chapter Each chapter concludes with a section for further examination These sections include additional ideas and questions exercises for practicing skills and suggestions for peer discussions based on topics in a particular chapter meant to inspire further curiosity discovery and growth

**EMDR for Dissociation and Trauma Recovery** Samuel D Rowan, 2025-07-05 Are you or someone you love silently battling emotional numbness fragmented identity or the haunting effects of trauma Do dissociation flashbacks or a sense of being shut down dominate daily life In this groundbreaking and accessible guide trauma recovery expert Samuel D Rowan combines neuroscience psychology and the transformative power of EMDR therapy to offer a practical path toward healing and wholeness EMDR for Dissociation and

Trauma Recovery is more than just a book it s a life changing resource for survivors therapists and loved ones alike Drawing on the latest brain science and trauma research this guide explores how dissociative symptoms form how they impact identity and relationships and how EMDR Eye Movement Desensitization and Reprocessing can gently unlock and reprocess painful fragmented memories Inside this book you ll discover how to Understand the neuroscience of dissociation PTSD and identity fragmentation Recognize the signs and subtypes of dissociative disorders including C PTSD and DID Use EMDR s eight phase protocol to safely process trauma without becoming overwhelmed Work with protective and wounded parts through parts work and ego state integration Heal emotional numbness and rediscover presence connection and meaning Develop self care grounding and stabilization skills that support long term recovery Empower yourself or your clients with tools for lasting transformation Whether you re just beginning your healing journey or seeking deeper understanding as a practitioner EMDR for Dissociation and Trauma Recovery offers clear guidance compassionate insight and hope With real life stories client exercises and trauma informed strategies it s a trusted companion for anyone ready to move from fragmentation to freedom If you re looking for a neuroscience based heart centered approach to healing trauma and reclaiming your full self this book is your starting point     Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004     Looking Through the Eyes of Trauma and Dissociation Sandra Paulsen,2009 Dr Paulsen s narrative and 100 cartoons assist therapists and clients to understand trauma and dissociation from giving a voice to disowned parts of self to stabilizing and detoxifying memories

*Dissociation in Children and Adolescents* Sandra Wieland,2011-01-11 Over the last decade the literature on therapy addressing trauma in children has expanded considerably as has the literature on dissociation Unfortunately very little of this literature has addressed the issue of dissociation in children At the same time therapists working with children and adolescents have become increasingly aware of the occurrence of trauma and dissociation in their clients *Dissociation in Traumatized Children and Adolescents* is a groundbreaking text for the study of dissociation in young people In eight unique and compelling case studies the authors lay out detailed narratives that illustrate both therapy progression as well as the therapist s reactions and thought process during case development These case studies present many aspects of working with traumatized children who dissociate trauma processing attachment work work with the family interactions with the community and give frank analysis of the difficulties clinicians encounter in various therapeutic situations and how and why they arrived at particular therapeutic decisions While the book includes intensive analysis of each author s theoretical framework as well as that of dissociation in general it also shows clinicians in the most practical terms how to translate the theories of dissociation into action No clinician interested in trauma and dissociation in children will want to be without this text

## Reviewing **Emdr And Dissociation The Progressive Approach**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Emdr And Dissociation The Progressive Approach**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## Emdr And Dissociation The Progressive Approach Introduction

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