

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 requires as part of the training is Dr. Shapiro's 2001 textbook. We do not recommend that you try to tackle through this before the training. In our experience, it makes the most sense to read after your Part I training. We've taken the opportunity to present our reading list, as it appears in our manuals, here on the webpage, using the following symbols to indicate the most ideal time to read each resource:

## Recommended Videos & Article To Explore Before Training

- 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
- EMDRIA: Introduction to EMDR Therapy (2019)
- EMDR and PTSD (News Story, 2009)
- Prince Harry Targets Painful Memories and Trauma in On-Camera EMDR Therapy Session

## Reading List Legend

- Before the training
- After Part I
- After Part II
- After completion of the full training/consultation
- 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 \(EMDRIA, January 2020\)](#)
- [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](#)

# Suggested Reading & Resources (From The Institute For Creative Mindfulness)

## GENERAL TRAUMA READING

- Archer, D. (2021). *Anti-racist psychotherapy: Confronting systemic racism and healing racial trauma*. Montreal: Each One Teach One Publications.
- [Bannit, S.P. \(2012\). \*The Trauma Toolkit: Healing trauma from the inside out\*. Wheaton, IL: Quest Books.](#)
- Burke Harris, N. (2019). *The deepest well: Healing the long-term effect of childhood adversity*. London: Pan McMillan.
- [Marich, J. \(2014\). \*Trauma Made Simple: Competencies in assessment, treatment, and working with survivors\*. PESI Publishing: Eau Claire, WI.](#)
- Menakem, R. (2017). *My grandmother's hands: Racialized trauma and the path to mending our hearts and bodies*. Las Vegas: Central Recovery Press.
- [Scaer, R. \(2005\). \*The Trauma Spectrum: Hidden Wounds and Human Resiliency\*. New York: W. W. Norton & Company.](#)
- Schwartz, A. (2017). *The complex PTSD workbook: A mind-body approach to regaining emotional control and becoming whole*. Berkeley, CA: Althea Press.
- [Van Der Kolk, B. \(2014\). \*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma\*. New York: Viking.](#)
- [Yalom, I. \(2001\). \*The Gift of Therapy: Reflections on Being a Therapist\*. London, England: Piatkus.](#)

## EMDR BOOKS AND RELATED RESOURCES

- Baldwin, M. & Korn, D. (2021). *Every memory deserves respect: EMDR, the proven trauma therapy with the power to heal*. New York: Workman Publishing Company.
- [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](#)
- [Marich, J. & Dansiger, S. \(2021\). \*Healing addiction with EMDR therapy: a trauma-focused guide\*. New York: Springer Publishing Company.](#)
- [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. \(1997\). \*EMDR: The Breakthrough "Eye Movement" Therapy for Overcoming Stress, Anxiety, and Trauma\*. 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.](#)

## EMDR VIDEOS

- Burns, M. (Producer & Director). (2011). *EMDR: We transform pain or we transmit it* [Documentary]. United States: Michael P. Burns.
- Curran, L. (Director). (2012). *Trauma treatment for the 21st century* [Educational Documentary]. United States: Premiere Education & Media.
- Donovan, F. (Producer), & Nalepinski, B. (Director). (1999). *EMDR: Looking through hemispheres* [Documentary]. United States: Fran Donovan Productions.

## **WEBSITES**

- [Institute for Creative Mindfulness \(EMDR Therapy Demonstration Videos, Dissociation & Addiction Resources, Free Webinars, Yoga & Mindfulness Resources\)](#)
- [Trauma Made Simple: The Official Book Website](#)
- [The EMDR International Association Coronavirus Clinical Resources Page](#)
- [The Trauma Therapist Project \(Dr. Guy MacPherson\): Resources for Trauma Therapists](#)
- [An Infinite Mind \(Dissociation Resources\)](#)
- [DID Research \(Dissociation Resources\)](#)
- [International Society for the Study of Trauma & Dissociation](#)