

## **Integrating DBT and EMDR Therapies in Abuse and Trauma Recovery Resources**

### **DBT:**

1. Bein, Andrew (2014) *Dialectical Behavior Therapy for Wellness and Recovery*. Wiley Press.
2. Brodsky, Beth S, & Stanley, Barbara (2013) *The Dialectical Behavior Therapy Primer*. Wiley-Blackwell.
3. Chapman, Alexander L. & Rosenthal, M. Zachery (2016) *Managing Therapy-Interfering Behavior*. American Psychological Association.
4. Dimeff, Linda A & Koerner, Kelly (2007) *Dialectical Behavior Therapy in Clinical Practice*. The Guildford Press.
5. Heard, Heidi L. & Swales, Michael A. (2016) *Changing Behavior in DBT*. The Guildford Press.
6. Koerner, Kelly, & Linehan, Marsha (2012) *Doing Dialectical Behavior Therapy: A Practical Guide (Guides to Individualized Evidence-Based Treatment)*. Guildford Press.
7. Linehan, Marsha (1993) *Cognitive Behavioral Therapy of Borderline Personality Disorder*. Guilford Press.
8. Linehan, Marsha (2014) *DBT Skills Training Handouts and Worksheets, 2<sup>nd</sup> Edition*. The Guildford Press
9. Linehan, Marsha (2014) *DBT Skills Training Manual, 2<sup>nd</sup> Edition*. The Guildford Press.
10. Pederson, Lane D. (2015) *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners*. Wiley Press.

### **EMDR:**

1. Fogash, Carol, and Copeley, Margaret (2008) *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*. Springer Publishing Company.
2. Hensley, Barbara J. (2016) *An EMDR Primer, 2<sup>nd</sup> edition*. Springer Publishing Company.
3. Grand, David (2001) *Emotional Healing at Warp Speed: The Power of EMDR*. Harmony Books.
4. Knipe, Jim (2015) *EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation*. Springer Publishing Company.
5. Maiberger, Barb (2009) *EMDR Essentials: A Guide for Clients and Therapists*. W.W. Norton and Company.
6. Manfield, Philip, ed. (2003) *EMDR Casebook, 2<sup>nd</sup> edition*. W.W. Norton and Company.
7. Manfield, Philip (2010) *Dyadic Resourcing: Creating a Foundation for Processing Trauma*. Create Space, a DBA of On-Demand Publishing, LLC.
8. Manfield, Philip (2013) *EMDR UP Close: Subtleties of Trauma Processing*. Create Space, a DBA of On-Demand Publishing, LLC.
9. Marich, Jamie (2011) *EMDR Made Simple*. Premier Education Solutions.
10. Parnell, Laurel (1997) *Transforming Trauma: EMDR*. W. W. Norton and Company
11. Parnell, Laurel (1999) *EMDR in the Treatment of Adults Abused as Children*. W.W.W. Norton and Company.
12. Parnell, Laurel (2007) *A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment*. W.W. Norton and Company.

13. Shapiro, Francine and Forrest, Margot Silk (1997) EMDR: The Breakthrough “Eye Movement” Therapy for Overcoming Anxiety, Stress, and Trauma. Basic Books.
14. Shapiro, Francine (2001) EMDR: Eye Movement Desensitization and Reprocessing- Basic Principles, Protocols, and Reprocessing. The Guilford Press.
15. Shapiro, Francine (2012) Getting Past Your Past. Rodale Press
16. Shapiro, Robin, ed. (2005) EMDR Solutions: Pathways to Healing. W.W. Norton and Company.
17. Shapiro, Robin, ed. (2009) EMDR Solutions II: For Depression, Eating Disorders, Performance, and More. W. W. Norton and Company

**Trauma:**

1. Hermann, Judith (1997, Epilogue 2015) Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror. Basic Books.
2. Levine, Peter (1997) Waking the Tiger: Healing Trauma. North Atlantic Books.
3. Levine, Peter (2010) In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness. North Atlantic Books.
4. Rothschild, Babette (2000) The Body Remembers. W.W. Norton and Company.
5. Ross, Colin & Halpern, Naomi (2009) Manitou Communications.
6. Shapiro, Robin (2010) The Trauma Treatment Handbook: Protocols Across the Spectrum. W.W. Norton and Company.
7. Van der Kolk, Bessel (2015) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. Viking Books.
8. Walker, Peter (2013) Complex PTSD: From Surviving to Thriving. An Azure Coyote Book.

**Workshops**

1. DBT & EMDR: An Attempt at an Integrated Model. Presented at the EMDRIA Regional Spring Conference: State of the Art EMDR 2016, live streamed from the UMass, Amherst, MA. Presenters: David Arbeitman, PhD, Ross Goodwin-Brown, LICSW, and Gary Loomis, LMHC from the Carson Center for Adults and Families.

**Miscellaneous**

1. The Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> Edition (2013), The American Psychiatric Association.
2. Brain Images from Google search of Brain Diagrams, Anatomy