

The EMDR Center of Canada Inc.

Basic Training in EMDR

Pre-Training Reading List

Before the training ends, you should read both of the following books in their entirety.

Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures*. (3rd ed.). New York: The Guilford Press.

Leeds, A. M. (2016). *A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants*. 2nd Ed. New York: Springer Publishing Company.

Prior to the first Training Session, read and be familiar with the following chapters:

1) Shapiro (2018) Chapters 1-5

2) Leeds (2016) Chapters 1-6
Appendix B: Exhibits B6 and B7, pp. 371-375.

Optional supplemental reading before the first weekend:

1) van der Kolk, B., Weisaeth, L., & van der Hart, O. (1996). History of trauma in psychiatry. In B. van der Kolk, A. C. McFarlane, & L. Weisaeth (Eds.), *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. (pp. 47-74). New York: The Guilford Press.

Available online via Google Books

<http://www.google.com/books?id=Me5GN4LxBmQC&pg=PP1&pg=PA47#v=onepage&q=&f=false>

2) Onno van der Hart, Ellert Nijenhuis, Kathy Steele. (2005). Dissociation: An Insufficiently Recognized Major Feature of Complex PTSD. *Journal of Traumatic Stress*, 2005, 18(5).

Available online at:

<http://www.onnovdhart.nl/articles.html> http://www.onnovdhart.nl/articles/jts_complex_%20ptsd.pdf

3) Korn, D. L., & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. *Journal of Clinical Psychology*, 58(12), 1465–1487.

Available online at:

http://www.traumacenter.org/products/pdf_files/korn_&_leeds_rdi_article_1.pdf