



Helpful resources for the EMDR clinician

EMDRAA website offers loads of free webinars once you have joined EMDRAA

Ask your EMDR consultant for a list of other free trainings and webinars you can find online.

There are some amazing podcasts you can listen to

Notice that pod cast – This is an excellent podcast focused on building skills in EMDR

What's the schemata pod cast if you use schema therapy

Understanding EMDR podcast is Tracy Lynch's pod cast

The EMDR podcast – Thomas Zimmerman

Zero Disturbance – Kimbria Evans

One of the most common questions in consultation is on interweaves

Clinical interweave categories – free video by Dr Debbie Korn

<https://emdartnscience.com/vlog/clinical-interweaves>

Another common question is on resourcing

Ask your consultant for a handout on resourcing so you have an idea of which ones you can use in phase 2 work. Not every resource is for every client, but each one gives you valuable information of how the client tolerates change of state and resource development.

Have you joined the EMDR practitioner's Group Australia and New Zealand on Facebook.

This closed Facebook group is an excellent place to ask questions, get resources and referrals.

How childhood trauma affects health across a life span. (20min) A wonderful Ted Talk on ACE's

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

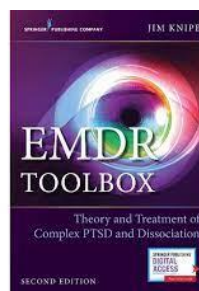
Paid Trainings

Caroline Burrows has many on demand training for different topics in EMDR – ie anxiety and phobias, dissociative disorders (2-2.5 hours)

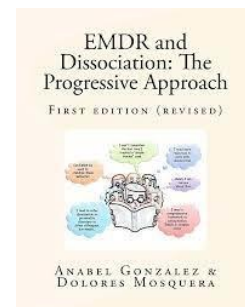
<https://www.carolineburrows.com.au/on-demand-training-main>

Book recommendations – Books I have enjoyed reading

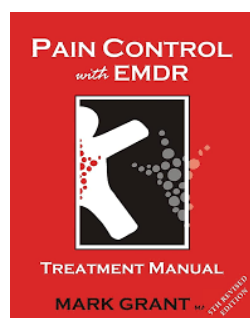
EMDR Toolbox by Kim Knipe



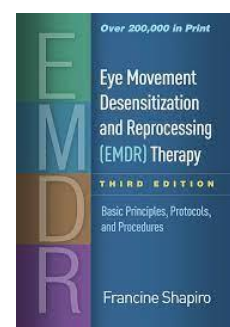
EMDR and Dissociation. The progressive approach by Anabel Gonzalez and Dolores Mosquera



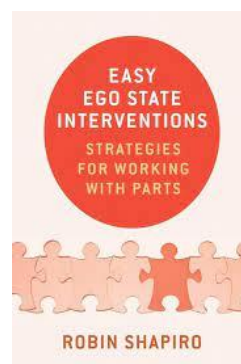
Pain control with EMDR by Mark Grant



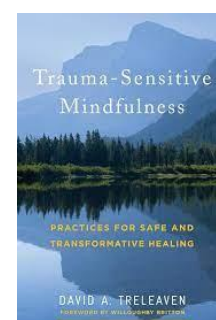
Eye Movement desensitization and Reprocessing (EMDR) Therapy by Francine Shapiro



Easy Ego State Intervention by Robin Shapiro



Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing by David Treleaven



Waking the Tiger by Peter Levine

