

Infinite Learning
Basic Training in EMDR Therapy
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 weekend read and be familiar with the following chapters:

1) Shapiro (2018)
Chapters 1 – 5.

2) Leeds (2016)
Chapters 1 – 6.
Appendix B, pp. 365-390.

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:

https://www.onnovdhart.nl/articles/jts_complex_%20ptsd.pdf

https://www.researchgate.net/publication/7487451_Dissociation_An_insufficiently_recognized_major_feature_of_complex_PTSD

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:

[https://www.emdrworks.org/Downloads/EMDR%20and%20RDI%20\(Korn\).pdf](https://www.emdrworks.org/Downloads/EMDR%20and%20RDI%20(Korn).pdf)