

how to get certified in emdr therapy

How to Get Certified in EMDR Therapy: A Step-by-Step Guide

how to get certified in emdr therapy is a question that many mental health professionals ask when considering expanding their skillset to include this powerful and evidence-based trauma treatment. Eye Movement Desensitization and Reprocessing (EMDR) therapy has gained widespread recognition for its effectiveness in addressing trauma, PTSD, anxiety, and other emotional difficulties. If you're interested in incorporating EMDR into your clinical practice, understanding the certification process is essential. This guide will walk you through the steps, requirements, and tips to successfully become an EMDR-certified therapist.

Understanding EMDR Therapy and Its Certification

EMDR therapy is a structured psychotherapy approach that helps individuals process and heal from traumatic memories. Developed by Francine Shapiro in the late 1980s, EMDR focuses on bilateral stimulation, often through eye movements, to facilitate the brain's natural healing processes. Because of its specialized nature, formal training and certification are critical for therapists who want to provide EMDR treatment competently and ethically.

The certification in EMDR therapy typically comes from recognized organizations such as the EMDR International Association (EMDRIA) or other nationally accredited bodies. Certification not only enhances your credibility but also ensures you have met rigorous training and practice standards.

Steps to Get Certified in EMDR Therapy

1. Meet Prerequisite Requirements

Before diving into EMDR training, you must be a licensed mental health professional. This usually includes psychologists, social workers, counselors, marriage and family therapists, psychiatrists, or clinical nurses with appropriate credentials. If you're still in the process of completing your license, some training programs may allow you to attend, but certification will only be granted once licensure is verified.

2. Complete Basic EMDR Training

The foundation of EMDR certification is completing the basic training course. These courses are typically 20-28 hours long and cover the eight phases of EMDR therapy, including history taking, preparation, assessment, desensitization, installation, body scan, closure, and reevaluation.

Basic training is often delivered in two parts — usually two full days or weekend workshops — with a combination of didactic lectures, demonstrations, and supervised practice. This immersive experience provides the core knowledge needed to begin using EMDR in your clinical work.

3. Engage in Consultation Hours

After completing the initial training, most certification programs require a period of consultation. This phase involves receiving supervision or guidance from an approved EMDR consultant who is certified themselves. Consultation helps ensure that you are applying EMDR techniques correctly and ethically.

Typically, you need to complete a minimum of 10 consultation hours, spread out over several months. During this time, you will discuss case conceptualization, treatment planning, and challenges you face in clinical practice. It's an invaluable opportunity to deepen your understanding and refine your skills under expert mentorship.

4. Accumulate EMDR Therapy Experience

Certification bodies usually require documented clinical experience using EMDR with actual clients. This means you'll need to have treated a certain number of clients or conducted a specific number of EMDR sessions post-training. For example, EMDRIA requires a minimum of 25 client sessions that demonstrate your ability to apply the therapy effectively.

Keeping detailed logs of your sessions, client progress, and any adaptations made will be helpful both for your own reflection and as evidence during your certification application.

5. Submit Certification Application

Once you have completed your training, consultation, and clinical experience requirements, the next step is submitting your application for certification. This process usually involves filling out forms detailing your education, license status, training certificates, consultation records, and clinical experience documentation.

Some certification organizations may also require you to submit a video recording of a therapy session or

participate in an oral exam to demonstrate your competency.

6. Maintain Certification through Continuing Education

Getting certified is not the end but rather the beginning of your journey in EMDR therapy. To maintain your certification, you'll need to engage in ongoing professional development, including continuing education courses, workshops, or conferences related to EMDR and trauma therapy.

Staying updated with the latest research, techniques, and ethical standards ensures that you continue providing the highest quality care to your clients.

Choosing the Right EMDR Training Program

Not all EMDR training programs are created equal. Selecting a reputable and accredited training provider is crucial for meeting certification requirements and gaining valuable skills.

Accreditation and Recognition

Look for programs approved by recognized bodies such as EMDRIA or your country's equivalent professional associations. These programs adhere to established curricula and ethical guidelines, providing assurance that your training will be accepted for certification.

Training Format and Schedule

Many programs offer in-person workshops, online courses, or blended options. Consider your learning style, schedule, and budget when choosing. In-person workshops often provide opportunities for hands-on practice and networking, while online courses offer flexibility.

Instructor Expertise

Research the qualifications and experience of the trainers. Experienced EMDR therapists and consultants with a strong clinical background can offer richer insights and more effective supervision during the consultation phase.

Tips for Successfully Navigating EMDR Certification

Stay Organized and Document Everything

Throughout your training and consultation, keep detailed records of your hours, training certificates, client sessions, and consultation notes. This organization will simplify your certification application and help you track your progress.

Engage Actively in Consultation

Don't treat consultation hours as just a requirement to check off. Use this time to ask questions, discuss challenging cases, and deepen your understanding of EMDR theory and practice. A strong consultant relationship can also provide ongoing mentorship beyond certification.

Practice EMDR Skills Regularly

EMDR skills improve with practice. Whenever possible, apply EMDR techniques with clients under supervision and seek feedback. This hands-on experience will build your confidence and competence.

Join EMDR Professional Communities

Connecting with other EMDR practitioners through forums, local groups, or online communities can provide support, resources, and networking opportunities. Sharing experiences and learning from peers enhances your growth as an EMDR therapist.

Why Getting Certified in EMDR Therapy Matters

Certification serves as a formal acknowledgment of your expertise and commitment to providing EMDR therapy safely and effectively. It reassures clients and employers of your qualifications, potentially expanding your career opportunities.

Moreover, EMDR certification underscores your dedication to ethical practice and ongoing professional development. As trauma-informed care continues to gain prominence in mental health, being certified in EMDR can position you at the forefront of innovative therapeutic interventions.

Embarking on the journey to become an EMDR-certified therapist is both challenging and rewarding. With the right training, guidance, and perseverance, you can add a powerful tool to your therapeutic repertoire and make a meaningful difference in the lives of those struggling with trauma and emotional pain.

Frequently Asked Questions

What is EMDR therapy certification?

EMDR therapy certification is a credential that signifies a therapist has completed specialized training and met specific requirements to practice Eye Movement Desensitization and Reprocessing (EMDR) therapy effectively.

What are the basic requirements to get certified in EMDR therapy?

To get certified in EMDR therapy, you typically need to be a licensed mental health professional, complete an EMDR International Association (EMDRIA)-approved basic training program, undergo consultation with an EMDR-certified consultant, and demonstrate competency in EMDR techniques.

How long does it take to become EMDR certified?

The time to become EMDR certified varies, but generally, it takes several months to a year depending on the training schedule, completion of consultation hours, and practice requirements.

Are there any prerequisites for EMDR therapy training?

Yes, most EMDR training programs require participants to hold a valid mental health license or be in an advanced stage of clinical training, such as psychologists, social workers, counselors, or psychiatrists.

Where can I find accredited EMDR certification training programs?

Accredited EMDR certification training programs are offered by organizations such as the EMDR International Association (EMDRIA) and various reputable training institutes worldwide. You can find them on EMDRIA's official website or by searching for approved providers.

Is post-training consultation required for EMDR certification?

Yes, post-training consultation with an EMDR-certified consultant is a mandatory step for certification. This consultation helps ensure the therapist can effectively apply EMDR techniques in clinical practice.

What are the benefits of becoming certified in EMDR therapy?

Becoming certified in EMDR therapy enhances your professional credibility, increases client trust, expands your therapeutic skill set, and may open opportunities for specialized clinical work and career advancement.

Additional Resources

****How to Get Certified in EMDR Therapy: A Professional Guide****

how to get certified in emdr therapy is a question that many mental health professionals ask as interest in this evidence-based treatment modality continues to grow. Eye Movement Desensitization and Reprocessing (EMDR) therapy has gained significant traction over recent years for its efficacy in treating trauma, PTSD, anxiety, and various other psychological conditions. As the demand for trained EMDR therapists rises, understanding the certification process becomes crucial for clinicians seeking to expand their therapeutic skill set and enhance their professional credentials.

This article explores the pathways to EMDR certification, the requirements involved, and the nuances that mental health practitioners should consider when pursuing this specialized training. By examining the certification standards, course structures, and accreditation bodies, we aim to provide a comprehensive overview for clinicians who want to integrate EMDR therapy into their practice responsibly and effectively.

Understanding EMDR Therapy and Its Certification

EMDR therapy is a structured psychotherapeutic approach that helps individuals process distressing memories and reduce the emotional impact of traumatic events. Developed by Francine Shapiro in the late 1980s, it involves guided eye movements or other bilateral stimulation techniques to facilitate cognitive and emotional healing.

Given its specialized nature, certification ensures that therapists have undergone rigorous training and supervision to apply EMDR safely and effectively. Certification in EMDR therapy is not only a mark of competence but also a requirement for many professional bodies and insurance panels that recognize EMDR as a reimbursable treatment.

The Importance of EMDR Certification

Certification provides credibility and demonstrates a therapist's commitment to adhering to established EMDR protocols. It also reassures clients that the practitioner has received adequate education and clinical

supervision. Since EMDR techniques can be complex and emotionally intense, proper training minimizes the risk of harm and maximizes therapeutic outcomes.

Additionally, many employers, clinics, and insurance companies prefer or require EMDR certification for therapists offering these services. This makes certification a strategic career move for mental health professionals including psychologists, social workers, counselors, and marriage and family therapists.

Steps to Get Certified in EMDR Therapy

The process of how to get certified in EMDR therapy involves a series of training components, supervised practice, and adherence to the standards set by recognized EMDR organizations such as the EMDR International Association (EMDRIA).

1. Meet Basic Professional Qualifications

Before beginning EMDR training, candidates typically must hold a license to practice independently in a mental health discipline. This includes licensed psychologists, clinical social workers, professional counselors, marriage and family therapists, psychiatrists, and psychiatric nurses. The rationale is that EMDR therapy requires a foundational understanding of clinical assessment and treatment planning.

2. Complete EMDR Basic Training

The cornerstone of certification is completing an EMDR Basic Training program. This training is generally structured as 20 hours of instruction, delivered over several days in either in-person workshops or hybrid formats. The curriculum covers the theoretical foundations of EMDR, standard protocols, client screening, and practical application through role-plays and case discussions.

Most EMDR basic training programs are approved by EMDRIA or other recognized bodies, which ensures the content meets high educational standards.

3. Participate in Consultation Hours

Following the basic training, candidates must complete a set number of consultation hours with an approved EMDR consultant. These consultation sessions allow therapists to discuss real cases, receive feedback, and refine their skills. EMDRIA currently requires a minimum of 20 hours of consultation, typically spread over multiple sessions.

The consultation phase is critical as it bridges theoretical knowledge and real-world clinical practice, ensuring the therapist can effectively integrate EMDR into their work with clients.

4. Document Clinical Experience

Alongside consultation, therapists must accumulate a minimum number of EMDR therapy sessions with clients, usually around 50 hours. These hours must be documented and presented as part of the certification application. This requirement verifies that the therapist has hands-on experience applying EMDR techniques across diverse clinical scenarios.

5. Submit Certification Application

Once the training, consultation, and clinical experience criteria are met, therapists can submit their certification application to the certifying body, such as EMDRIA. The application includes proof of licensure, training certificates, consultation logs, and client session documentation. Some organizations may also require a written case study or demonstration of competence.

Comparing EMDR Certification Programs

Various organizations offer EMDR certification, each with slightly different requirements and emphases. The most widely recognized is the EMDR International Association (EMDRIA), which provides a standardized certification pathway.

EMDRIA Certification

- **Training:** 20 hours of basic training approved by EMDRIA
- **Consultation:** 20 hours with an EMDRIA-approved consultant
- **Experience:** Minimum of 50 hours of EMDR therapy with clients
- **Licensure:** Valid license to practice independently
- **Application:** Comprehensive documentation and submission

EMDRIA certification is often considered the gold standard, particularly in the United States, though other international bodies may recognize equivalent certifications.

Other EMDR Training and Certification Options

Some regions have their own EMDR associations or offer certification through universities and private training organizations. While these can be valuable, therapists should verify whether the certification is recognized by their licensing board or insurance providers.

For example, European EMDR associations may have slightly different requirements, and some countries emphasize additional cultural competency training or ongoing professional development.

Pros and Cons of Pursuing EMDR Certification

Understanding the advantages and potential challenges can help clinicians decide if becoming certified in EMDR therapy aligns with their professional goals.

- **Pros:**

- Enhances therapeutic toolkit with evidence-based trauma treatment
- Increases marketability and client trust
- Meets insurance and employer requirements
- Provides structured supervision and peer support

- **Cons:**

- Can be costly, including training fees and consultation charges
- Time-intensive, requiring commitment beyond basic training
- Certification processes vary regionally, potentially complicating reciprocity
- Ongoing learning required to maintain certification and competency

Continuing Education and Maintaining Certification

EMDR therapy is a dynamic field with evolving research and clinical practices. Certified therapists are often required to engage in continuing education to maintain their credentials. This includes attending advanced EMDR workshops, participating in peer consultation groups, and staying current with new treatment protocols.

Renewal cycles and continuing education hours vary by certifying organization but generally emphasize lifelong learning to ensure high standards of care.

Advanced EMDR Training Opportunities

After certification, therapists can pursue advanced training modules focusing on specific populations or disorders, such as EMDR for children, complex trauma, dissociative disorders, or substance abuse. These courses deepen expertise and open new avenues for clinical specialization.

Final Reflections on How to Get Certified in EMDR Therapy

Navigating how to get certified in EMDR therapy requires a clear understanding of professional qualifications, training commitments, and certification standards. While the process demands investment in time and resources, it equips clinicians with a powerful therapeutic approach backed by substantial empirical support.

For mental health practitioners aiming to enhance their ability to treat trauma and related conditions, EMDR certification represents a meaningful step toward professional growth and improved client outcomes. By engaging fully in the training and consultation process, therapists not only gain skills but also join a vibrant community dedicated to advancing trauma-informed care worldwide.

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how to get certified in emdr therapy: Treating Depression with EMDR Therapy Arne Hofmann, Luca Ostacoli, Maria Lehnung, Michael Hase, Marilyn Lubert, 2022-05-24 Delivers the Evidence-Based Gold-Standard EMDR Protocol for Ameliorating Depression This groundbreaking book introduces EMDR-DeprEnd, a pathogenic memory-based EMDR therapy approach. DeprEnd has been demonstrated in a number of studies and meta-analyses to be at least as effective—and often more effective—than other guideline-based therapies in treating depression, including cognitive behavioral therapy (CBT). EMDR-DeprEnd is particularly helpful with chronic and recurrent depression that does not respond well to other treatments. Written by the international

research team who developed this quick-acting and efficient therapy, the text provides clinicians with the evidence-based tools they need to integrate EMDR-DeprEnd into their practices. This text explains in depth a step-by-step approach to processing the pathogenic memory structures that are the basis of most depressive disorders and ways to address both depressive and suicidal states. Real-world case studies incorporate the often-co-occurring trauma-based disorders found in depressive patients. These are practical “how-to” chapters, including one devoted to drawing integration with numerous examples of actual patient drawings as clients go through the EMDR process. Abundant illustrations enhance understanding of stress and trauma-based depressive disorders and the successful interventions that improve client outcomes. Protocol scripts for therapist and client also help prepare readers to provide optimal treatment to their clients. Key Features: Authored by the international research team who developed this touchstone EMDR therapy treatment Helps with chronic and recurrent depression especially if it is resistant to guideline-based treatments, including CBT Demonstrates step-by-step how to apply the DeprEnd protocol using real-world case examples Describes how EMDR’s neurobiological working mechanism effectively treats depression Includes protocol scripts and a review of randomized controlled trials related to EMDR and depression Illustrates how DeprEnd protocol reduces depressive relapses

how to get certified in emdr therapy: *Effective Treatment of Women’s Pelvic and Sexual Pain Disorders* Heather Lauren Davidson, 2022-09-30 This book presents a comprehensive overview of pelvic and sexual pain disorders in women and equips therapists to treat these issues in a culturally sensitive way, examining the link between unwanted sexual experiences and the development of sexual pain in later life. Drawing on the wealth of recent research acknowledging the increased risk of developing a pelvic/sexual pain disorder in women who have experienced sexual trauma, Heather Lauren Davidson offers a much-needed resource for professionals within the essential context of the #MeToo movement. Chapters address a range of topics including types of sexual pain disorders, disparities in the mental health system that affect women’s access to treatment, how to establish treatment goals for individuals and couples, and effective relapse prevention plans. Illustrated throughout by vignettes and case studies, the book addresses a lack of knowledge in assessing and treating the experiences of these women and explores in depth how they face complex difficulties in accessing diagnosis and treatment. Guided by culturally competent assessment and the use of evidence-based treatment techniques, clinicians will learn to effectively navigate the treatment of women presenting with pelvic/sexual pain disorders and sexual trauma.

how to get certified in emdr therapy: **EMDR** Francine Shapiro, Margot Silk Forrest, 2016-09-13 Discover the essential guide to Eye Movement Desensitization and Reprocessing therapy (EMDR) from its pioneering creator, Francine Shapiro Gain insights into how painful life experiences are physically stored in our brains and how EMDR therapy can bring relief. Learn how EMDR techniques can be used to address trauma-related conditions, PTSD, depression, anxiety, and other experience-based disorders by exploring clinical case studies. Understand why EMDR is hailed as the most important method to emerge in psychotherapy in decades. EMDR is fundamental reading for practicing psychotherapists and anyone interested in understanding trauma, healing processes, and achieving better mental health.

how to get certified in emdr therapy: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Francine Shapiro, 2017-11-20 The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book--now revised and expanded--has been translated into 10 languages. Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size. New to This Edition Over 15 years of important advances in therapy and research, including

findings from clinical and neurophysiological studies. New and revised protocols and procedures. Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

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how to get certified in emdr therapy: **Case Study Approach to Psychotherapy for Advanced Practice Psychiatric Nurses** Candice Knight, Kathleen Wheeler, 2020-09-24 A case study companion to the leading textbook on psychotherapy for advanced practice psychiatric nurses *Case Study Approach to Psychotherapy for Advanced Practice Psychiatric Nurses* is a case study companion to the groundbreaking and award-winning textbook *Psychotherapy for the Advanced Practice Psychiatric Nurse*, edited by Kathleen Wheeler. Designed for both the novice and experienced advanced practice psychiatric nurse, it provides complementary content and activities to help students and professionals master the art and science of conducting psychotherapy. The case studies address a wide range of diverse theoretical approaches and varied client problems and psychiatric diagnoses. Each chapter follows a consistent format to allow for comparison, beginning

with the author's personal experience, providing the reader with the understanding of how various theoretical orientations were chosen. This is followed by background on philosophy and key concepts, as well as mental health and psychopathology, therapeutic goals, assessment perspectives, and therapeutic interventions. The chapter then presents background on the client and a selection of verbatim transcript segments from the beginning, middle, and final phase of therapy. The therapeutic process is illustrated by client-therapist dialogues, which are supplemented with process commentaries that explain the rationale for the interventions. A final commentary on the case is presented to enhance the reader's clinical reasoning skills. Key Features: Augments the groundbreaking Psychotherapy for the Advanced Practice Psychiatric Nurse Features case studies that address a range of theoretical approaches and varied client problems and psychiatric diagnoses Offers comprehensive coverage of the approach, psychopathology, therapeutic goals, assessment perspectives, therapeutic interventions, and verbatim transcripts from the beginning, middle, and final phases of therapy Includes reflection questions to help the reader apply the material to their personal lives and offer guidelines for continuing to work with the theoretical orientation

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how to get certified in emdr therapy: Find Your Way as an ACOA: A Quick Guide for Adult Children of Alcoholics Anne Perry, 2025-09-25 Find Your Way as an ACOA: A Quick Guide for Adult Children of Alcoholics This book explores the common behaviors, emotional patterns, and relationship challenges faced by adult children of alcoholics or addicts stuck in "The ACOA Syndrome," or "ACOA Syndrome," for short. Unlike many other books on this topic, this one takes a distinctive approach, empowering readers to take control of their own healing and personal growth through self-directed strategies. This concise guide fills a gap in the self-help market, offering a practical reference and companion for busy adults seeking immediate, actionable advice on navigating family-of-origin challenges. Find Your Way as an ACOA: A Quick Guide for Adult Children of Alcoholics serves as a practical and compassionate resource, providing readers with straightforward tools that can be applied without hours of study. In just a short time, readers can begin using these strategies and start seeing positive changes in their lives from the very first day.

how to get certified in emdr therapy: Perspectives and Considerations on Navigating the Mental Healthcare System Van Alstyne, Susan, 2023-05-01 The world is in the midst of a mental health crisis. This combined with the complexities of health insurance regulations is putting our most vulnerable populations at risk. Further, mental health stigma influences people's perceptions and makes it more difficult for vulnerable populations to get the help that they need. It is essential that there are sufficient resources in navigating complex mental healthcare systems. Perspectives and Considerations on Navigating the Mental Healthcare System provides recommendations about seeking mental healthcare in a complex system. It also raises awareness that many of those suffering need to overcome obstacles in seeking treatment. Covering topics such as mental health stigma, self-advocacy, and library support, this premier reference source is an excellent resource for caregivers, counselors, psychologists, therapists, community leaders, librarians, students and faculty of higher education, researchers, and academicians.

how to get certified in emdr therapy: Beads of Healing Kristen E. Vincent, 2017-03-01 Healing from trauma begins with the courageous act of telling your story. Yet many survivors of trauma are afraid to tell anyone about their deeply painful and personal experience(s). Trauma survivors often feel shame, guilt, fear, and anger. They may also carry deep spiritual wounds, such as feeling abandoned or punished by God. They may wonder how they can ever trust God. In Beads of Healing, Kristen Vincent shares her story of childhood trauma and how she eventually found God's peace, healing, and wholeness. She tells how, over 35 years after the trauma, she encountered God as never before in the presence of a Christian community. In this setting where she felt safe and loved, and through the help of spiritual practices like scripture reading, prayer, group sharing, and reflection, she finally found the peace she had been seeking since age 7. Vincent models how to name feelings of grief, anger, abandonment, shame, and fear. She gives readers ideas for ways to use prayer beads as a safe way to enter conversations with God, to talk honestly with their Creator, and open themselves to God's love. This powerful story of one woman's journey to spiritual healing offers hope for all trauma survivors, as well as those who have experienced loss, hurt, or other spiritual wounds. Each chapter includes a scripture passage that supports the chapter theme truth-telling (the author talks about the chapter theme from her perspective) reflection questions a prayer bead experience a listening focus (a line to repeat with your prayer beads) an opportunity to check in with yourself before moving forward NOTE: The author recommends that readers study this book with someone: a therapist, pastor, spiritual director, or support group. Beads of Healing features a Leader's Guide with an outline for 16 sessions, links to instructions for making prayer beads, and a guide to using prayer beads. This book will be a valuable resource for pastors, counselors, and others who provide support for trauma survivors.

how to get certified in emdr therapy: Healing Complex Posttraumatic Stress Disorder Gillian O'Shea Brown, 2021-04-30 This book is a clinician's guide to understanding, diagnosing, treating, and healing complex posttraumatic stress disorder (C-PTSD). C-PTSD, a diagnostic entity to be included in ICD-11 in 2022, denotes a severe form of posttraumatic stress disorder (PTSD) and is the result of prolonged and repeated interpersonal trauma. The author provides guidance on healing complex trauma through phase-oriented, multimodal, and skill-focused treatment approaches, with a core emphasis on symptom relief and functional improvement. Readers will gain familiarity with the integrative healing techniques and modalities that are currently being utilized as evidence-based treatments, including innovative multi-sensory treatments for trauma, in addition to learning more about posttraumatic growth and resilience. Each chapter of this guide navigates readers through the complicated field of treating and healing complex trauma, including how to work with clients also impacted by the shared collective trauma of COVID-19, and is illustrated by case examples. Topics explored include: Complex layered trauma Dissociation Trauma and the body The power of belief An overview of psychotherapy modalities for the treatment of complex trauma Ego state work and connecting with the inner child Turning wounds into wisdom: resilience and posttraumatic growth Vicarious trauma and professional self-care for the trauma clinician It is important for clinicians to be aware of contemporary trends in treating C-PTSD. Healing Complex Posttraumatic Stress

Disorder is an essential text for mental health practitioners, clinical social workers, and other clinicians; academics; and graduate students, in addition to other professionals and students interested in C-PTSD. It is an attractive resource for an international clinical audience as we work together to heal, affirm, and unburden clients following this time of shared collective trauma.

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