



# Attachment-Focused EMDR: Healing Relational Trauma

*Laurel Parnell*

Download now

[Click here](#) if your download doesn't start automatically

# Attachment-Focused EMDR: Healing Relational Trauma

*Laurel Parnell*

**Attachment-Focused EMDR: Healing Relational Trauma** Laurel Parnell

## **Integrating the latest in attachment theory and research into the use of EMDR.**

Much has been written about trauma and neglect and the damage they do to the developing brain. But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood. This book presents a therapy that focuses on precisely these areas. Laurel Parnell, leader and innovator in the field of eye-movement desensitization and reprocessing (EMDR), offers us a way to embrace two often separate worlds of knowing: the science of early attachment relationships and the practice of healing within an EMDR framework. This beautifully written and clinically practical book combines attachment theory, one of the most dynamic theoretical areas in psychotherapy today, with EMDR to teach therapists a new way of healing clients with relational trauma and attachment deficits.

Readers will find science-based ideas about how our early relationships shape the way the mind and brain develop from our young years into our adult lives. Our connections with caregivers induce neural circuit firings that persist throughout our lives, shaping how we think, feel, remember, and behave. When we are lucky enough to have secure attachment experiences in which we feel seen, safe, soothed, and secure?the “four S’s of attachment” that serve as the foundation for a healthy mind?these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain.

EMDR is a powerful tool for catalyzing integration in an individual across several domains, including memory, narrative, state, and vertical and bilateral integration. In Laurel Parnell’s attachment-based modifications of the EMDR approach, the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non-secure attachment and developmental trauma.

The book is divided into four parts. Part I lays the groundwork and outlines the five basic principles that guide and define the work. Part II provides information about attachment-repair resources available to clinicians. This section can be used by therapists who are not trained in EMDR. Part III teaches therapists how to use EMDR specifically with an attachment-repair orientation, including client preparation, target development, modifications of the standard EMDR protocol, desensitization, and using interweaves. Case material is used throughout. Part IV includes the presentation of three cases from different EMDR therapists who used attachment-focused EMDR with their clients. These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice?giving the history and background of the clients, actual EMDR sessions, attachment-repair interventions within these sessions and the rationale for them, and information about the effects of the interventions and the course of treatment.

 [Download Attachment-Focused EMDR: Healing Relational Trauma ...pdf](#)

 [Read Online Attachment-Focused EMDR: Healing Relational Trau ...pdf](#)



## **Download and Read Free Online Attachment-Focused EMDR: Healing Relational Trauma Laurel Parnell**

---

### **From reader reviews:**

#### **Natasha Rich:**

The ability that you get from Attachment-Focused EMDR: Healing Relational Trauma will be the more deep you excavating the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to comprehend but Attachment-Focused EMDR: Healing Relational Trauma giving you enjoyment feeling of reading. The writer conveys their point in a number of way that can be understood simply by anyone who read that because the author of this reserve is well-known enough. That book also makes your own personal vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this specific Attachment-Focused EMDR: Healing Relational Trauma instantly.

#### **Teresa Powers:**

You may spend your free time to see this book this e-book. This Attachment-Focused EMDR: Healing Relational Trauma is simple to bring you can read it in the park your car, in the beach, train as well as soon. If you did not have got much space to bring the particular printed book, you can buy the actual e-book. It is make you easier to read it. You can save the particular book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

#### **Patricia Lopez:**

This Attachment-Focused EMDR: Healing Relational Trauma is new way for you who has interest to look for some information mainly because it relief your hunger of information. Getting deeper you on it getting knowledge more you know or you who still having small amount of digest in reading this Attachment-Focused EMDR: Healing Relational Trauma can be the light food for you personally because the information inside this book is easy to get by means of anyone. These books produce itself in the form which can be reachable by anyone, yes I mean in the e-book type. People who think that in reserve form make them feel drowsy even dizzy this book is the answer. So there is absolutely no in reading a book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss it! Just read this e-book kind for your better life as well as knowledge.

#### **Kristen Blasingame:**

Do you like reading a reserve? Confuse to looking for your favorite book? Or your book had been rare? Why so many concern for the book? But virtually any people feel that they enjoy with regard to reading. Some people likes reading through, not only science book but additionally novel and Attachment-Focused EMDR: Healing Relational Trauma as well as others sources were given information for you. After you know how the truly great a book, you feel desire to read more and more. Science publication was created for teacher or perhaps students especially. Those books are helping them to add their knowledge. In other case, beside science publication, any other book likes Attachment-Focused EMDR: Healing Relational Trauma to make

your spare time considerably more colorful. Many types of book like this one.

**Download and Read Online Attachment-Focused EMDR: Healing  
Relational Trauma Laurel Parnell #RHC9ZK6M8UD**

## **Read Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell for online ebook**

Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell books to read online.

### **Online Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell ebook PDF download**

#### **Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell Doc**

**Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell Mobipocket**

**Attachment-Focused EMDR: Healing Relational Trauma by Laurel Parnell EPub**