



Pain Control with EMDR: Treatment Manual

Mark Grant

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The 5th revised edition of this research-based manual describes how to use EMDR in the treatment of chronic pain. Includes a review of role of trauma and attachment problems in pain, neurological aspects of pain, Theoretical model of pain based on Accelerated Information Processing Model, step by step EMDR pain protocol, including detailed notes and tips for each stage, key differences between trauma protocol and pain protocol, advice about common blockages and how to deal with them, how to enhance client responsiveness to bilateral stimulation, how to develop strong affect-based resources for coping with on-going pain, adjunctive strategies and resources, assessment tools, information about dissociation and pain, numerous case-examples, and over 30 pages of photocopyable treatment aids and resources. After PTSD, pain is the most researched application of EMDR. 240 pages.

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