

## ■ BOOK REVIEW ■

### ■ **Every Memory Deserves Respect (EMDR): The Proven Trauma Therapy with the Power to Heal**

Michael Baldwin and Deborah Korn. New York, NY: Workman Publishing Company, 2021, 298 pages, \$17.95 (paperback), \$9.99 (Kindle), and audio.

*Every Memory Deserves Respect* grew out of the desire of a trauma survivor to share his healing with others who live less-than-optimal lives. Michael Baldwin was connected to eye movement desensitization and reprocessing (EMDR) expert Deborah Korn, PsyD, by his EMDR therapist, Jeffrey Magnavita, PhD, to bring his idea to reality. Together they created a compelling, easy-to-understand, and inspiring book that should help potential clients and clinicians interested in EMDR training understand the promise of EMDR therapy.

The biggest strength of the book is its accessibility. It explains complex concepts, such as the adaptive information processing (AIP) model and how EMDR works, in jargon-free, easy-to-understand words without talking down to the reader. Any newly trained EMDR therapist would benefit from using the book to explain EMDR to their clients (and to solidify their own learning of the concepts). The book is concise but complete, including explanations of attachment; implicit and explicit memories; how our “parts” hold and also protect us from our trauma memories; and the effects of cultural and historic trauma on an individual’s psyche.

I appreciate the normalization of trauma. The concept is expanded to make it personally relatable, including little “t” traumas, as exemplified by Michael’s story and examples from Deborah’s practice. Consequently, the stigma and shame of trauma is reduced and hope is inspired.

My one peeve is probably the result of Michael’s professional background in marketing (and maybe a reflection of my age). It is distracting to be absorbed in reading the text, only to be interrupted mid-sentence by a caption and a picture, which requires me to turn two pages in order to continue. It would be more

effective at the end of a paragraph or in the transition between concepts.

The organization of the book flows from a discussion and definition of trauma and the effects on the mind, body, and behavior; how it affects the brain (here’s the understandable explanation of the AIP and how the brain is wired—and rewired); what EMDR therapy is, and how it works. The chapter on EMDR answers the question that almost every client asks me: “What exactly are we going to be doing?” Deborah explains it phase by phase, with the three prongs of past, present, and future. Then the message is brought home to the reader: Am I ready? Can I do this? It finishes with the Promise of Transformation and resources to get started. Michael’s story is woven in and out, ending in an epilogue that shares his enthusiasm about how he recreated his life in his 60s. Deborah provides an entire chapter of recommended resources for clients. The acknowledgments are a who’s who of notables in the trauma field. Notes follow, citing research and sources, although the text is not interrupted by references, keeping it consumer-friendly. The Appendix discusses and provides a copy of the previously mentioned Adverse Childhood Experiences (ACEs) questionnaire.

I hope this book is a huge commercial success, catapulting EMDR therapy further into the mainstream. My dream is that even the most shamed, highly defended people will read this book and knock down our doors, eager for the promise of what EMDR therapy offers. I’m grateful to Michael and Deborah for their valuable and recommendable book.

REVIEWED BY MERRILL POWERS