■ BOOK REVIEWS ■

■ Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures

Francine Shapiro. New York, NY: Guilford Press, 2017, 568 pages, \$55.25 (hardback)

We have all eagerly awaited the arrival of *Eye Movement Desensitization and Reprocessing (EMDR) Therapy*, Third Edition, by Francine Shapiro. EMDR practice has evolved significantly since the second edition was published in 2001 and the new text reports on many of these developments, including detailed discussions of the treatment of a variety of clinical populations: clients with complex posttraumatic stress disorder (PTSD); survivors of childhood sexual abuse; combat veterans; disaster survivors; clients struggling with addictions, chronic pain, and other somatic disorders; and the EMDR treatment of couples and children. While the second edition touched on work with these populations, the presentation of the new edition is considerably more comprehensive and useful for the clinician learning EMDR. The chapter structure of the book remains the same with the initial chapters on the early development of EMDR, the adaptive information processing (AIP) model, and an overview of the eight-phase model. Subsequent chapters are devoted to a detailed explanation of each of the phases of treatment as well as to EMDR treatment with special populations and clinical situations to include new and expanded treatment protocols. The final chapter is a thorough discussion of the theory underlying EMDR and an up-to-date review of EMDR research. Dr. Shapiro has encouraged, nurtured, and fostered research on EMDR for nearly 30 years. This new textbook provides very useful reviews of the astonishing amount of research that has been conducted on EMDR therapy with clinical populations of all kinds.

Included in the appendixes are a broad variety of useful clinical aids such as the Adverse Childhood Experiences Questionnaire, an EMDR procedural steps outline, table of cognitions, guide for the Floatback procedure, and the Fidelity Rating Scale as well as other information useful in conducting EMDR research. Included also are sample client transcripts of EMDR reprocessing with a combat veteran and with a molestation survivor and an appendix section that reviews guidelines related to client safety. Readers are invited to download some of these scales and worksheets from the publisher's website for use in treatment sessions.

While I very much appreciate the many additions and enhancements already noted, what is most impressive for me about this new textbook of EMDR is that Dr. Shapiro has been able to convey the reality that EMDR has evolved to become a comprehensive therapy approach and not simply a method of desensitizing disturbing memories, as it was originally taught. Unlike many of the founders and developers of other therapy approaches, Dr. Shapiro has never sought to be admired as The Guru or Master. Rather, from the very beginning, she has been most concerned with creating a community of therapists who could share their clinical discoveries with one another, their experimentation and research findings, and, most importantly, a community where therapists felt supported by one another and could help each other master the EMDR healing arts.

Dr. Shapiro follows in the footsteps of many generations of remarkable healers who have sought

to help those who have been hurt by accident, disease, war, and malice. Her amazing discoveries, insights, compassionate vision, and consistent striving to bring this healing to more and more

people is what stands out about this new book and what will be most remembered about her in the decades to come.

REVIEWED BY DANIEL T. MERLIS