■ BOOK REVIEWS ■

EMDR Made Simple: 4 Approaches to Using EMDR With Every Client

Jamie Marich. Eau Claire, WI: Premier Publishing & Media, 2011, 316 pp., \$19.95 (paperback)

Jamie Marich's book, *EMDR Made Simple: 4 Approaches to Using EMDR With Every Client*, is written for therapists who have been trained in eye movement desensitization and reprocessing (EMDR; p. 29), with the purpose of presenting EMDR in a readable and enjoyable form. She proposes that therapists make EMDR too complicated and that EMDR's standard protocol and theoretical model are full of jargon and out of touch with real world psychotherapy. Ms. Marich asserts that to help complex clients, the "traditional" protocol and theoretical model must be altered or abandoned and recommends "simpler" models like those of Parnell, Briere, and Lipke.

Ms. Marich states that therapists can use EMDR in four different ways with "Four Faces." Face 1 is "protocol-oriented EMDR," the strict use of the standard protocol and theoretical model; Face 2 is "flexible EMDR," in which EMDR is integrated with other approaches/theories; Face 3 is "EMDR as a technique," where other approaches are primary and it is used as an adjunctive technique; and Face 4 is "EMDR-informed interventions," in which the therapist creates new strategies using EMDR elements. Unfortunately, other than expressing her dislike for Face 1, Ms. Marich fails to provide guidance on face selection. She offers no research direction for choosing a specific face, and the clinical examples in the book primarily illustrate the application of EMDR in Face 2.

Ms. Marich asserts that the relationship ought to be primary and that technique and theory ought to "take the back seat." She devotes an entire chapter in discussing how to maximize the alliance. She asserts without research or theoretical argument that Face 1 emphasizes trauma processing as the dominant change agent leading to inadequate preparation (p. 136). Another lengthy chapter emphasizes the value of preparation before trauma processing and teaches various strategies. Ms. Marich states her opinion that "Face 3 practitioners often achieve better results than those who call themselves 'EMDR therapists'" (p. 137) because they apparently provide more extensive preparation for their clients.

In Part 2 of the book (82 pages), she recommends strategies for trauma processing and special populations. This part of the book does not refer often to the faces, and the reader is unsure which face the material is consistent with, especially because she references many well-known EMDR experts. Clinical examples range from complex posttraumatic stress disorder (PTSD), addiction, violence, dissociative disorders, grief/loss/spiritual concerns, to somatic problems.

The book is very readable. Ms. Marich avoids cumbersome jargon using metaphors to illustrate ideas for working with special populations. Tables with handy research and literary resources abound. Treatment tools for case conceptualization and treatment planning are included. She cites research throughout the book and conveys its importance.

The book highlights a useful dualism between structuralism and organicity. The tension between the naming of the psychotherapy experience and the experience of it must exist within all four faces of EMDR. However, the author denigrates the conceptual and extols direct experience while giving the reader a perspective on Face 1 from the latter and on the other faces from the former. Although it appears unintended, this selective change in emphasis detracts from a more enlightening analysis.

I recommend this book to EMDR and non-EMDR clinicians to help conceptualize the various ways clinicians use EMDR. It provides an overview of preparation for trauma processing and development of a therapeutic relationship that will limit retraumatization. I would caution the reader to look elsewhere for an analysis of the standard EMDR protocol and model.

REVIEWED BY ANTHONY J. COTRACCIA

Peace in the Heart and the Home: A Down-to-Earth Guide to Creating a Better Life for You and Your Loved Ones

Charlette Mikulka. Newton, NJ: Kittacano Press, 2011, 286 pp., \$19.95 (paperback)

This is the book I wish I'd written. Charlette Mikulka's *Peace in the Heart and the Home* is how I do therapy and what I teach my clients. It puts a comprehensive treatment

philosophy based on Francine Shapiro's adaptive information processing (AIP) model into language accessible for clients and therapists.

The book has won three awards, the Gold award from Foreword Reviews in the category of Family and Relationships, the silver medal for Parenting from the Independent Publisher Book Awards, and the bronze medal for Personal Growth from the "Books for Better Living," Living Now Awards. It is available in paperback, in audio CD, and in e-book forms.

Ms. Mikulka states that her intent is to help the reader create a better life by sharing what she has learned personally and professionally. But from a therapist's perspective, she has outlined best clinical practice. I recommend it to my clients as supplementary reading for validation and understanding of our treatment plan. I recommend it to my consultees for a best EMDR practice model. And I recommend it to those interested in healing so that they can shop wisely for a therapist.

The book is organized following the same phases a good therapist would use to structure treatment. Ms. Mikulka first establishes a relationship with the reader, validating the fear of digging deep to address the underlying causes of our symptoms. Without using professional jargon, she describes how emotional blind spots and the lack of self-knowledge prevent people from healing their relationships and their lives.

With the reader engaged, Ms. Mikulka provides a well-referenced chapter on attachment, including easy-to-understand neurobiology. The subtitle, "The Foundation for our Quality of Life," emphasizes how our attachment history and style determines the quality of our relationships with ourselves and with others.

The personality is discussed in terms of emotions, memories, stress responses, dissociation, and ego states, which result in psychological, emotional, and physical symptoms. A chapter explains how psychological trauma (big T and small t) occurs and how integration heals, facilitated by EMDR. The discussion of EMDR using the standard protocol is understandable, thorough, and accurate. It is illustrated by several case histories. Ms. Mikulka clearly promotes EMDR as the catalyst for healing and refers the public to Francine Shapiro and Margo Silk Forrest's book on EMDR.

She follows with a chapter on self-care and self-soothing, giving specific techniques developed and used by EMDR therapists, such as April Steel's Imaginal Nurturing and Jim Knipe's Back of the Head scale. Physical health is discussed as affected by stress and immune function dysregulation and how trauma and dissociation can affect disease. The next two chapters cover intimate relationships and family life, referencing John Gottman's research and Susan Johnson's emotionally focused therapy (EFT). She discusses autonomy and connection, intergenerational drama, and transmission of pain.

The book wraps up with a chapter on mindfulness, including specific daily practices. The final chapter gives prescriptions for living a life with integrity, compassion, and love, including "Get thee to an EMDR therapist" and how to find a good one.

The book includes an excellent bibliography, providing therapists with a "must-read" list and the layperson with sources for more in-depth study. Appendices include lists of Websites, defense strategies, self-care and self-soothing resources, and questions for reflection or journaling.

Ms. Mikulka describes the complete body of a holistic clinical practice, but the AIP model provides the bone structure. EMDR, following the standard protocol, provides the muscle. The public will understand how EMDR fits into a comprehensive therapy approach as a major step toward a radical improvement in the quality of life. It is particularly important for beginning EMDR therapists that she emphasizes issues of attachment, dissociation, and ego states. The therapist will have an excellent model for the integration of EMDR into his or her practice as well as a homework resource for clients.

REVIEWED BY MERRILL POWERS

Getting Past Your Past: Take Control of Your Life With Self-Help Techniques From EMDR Therapy

Francine Shapiro. New York, NY: Rodale Books, 2012, 344 pp., \$26.99 (hardcover)

Powerful, inspirational, transformational, instructional, easy to read, and affordable—Dr. Francine Shapiro's latest book, *Getting Past Your Past: Take Control of Your Life With Self-Help Techniques from EMDR Therapy*, brings the remarkable contributions of EMDR to clinicians and laypeople alike. Because of EMDR's healing capabilities, many individuals have been transformed since Dr. Shapiro's historic walk in Vasona Park in Los Gatos, California, in the late 1980s. From "why we suffer" to "embracing life," she guides the reader on a journey spanning hope to healing.

To explain how we develop our personalities and why we get stuck in life, she relates accounts of clients that allow readers to examine the full range of human experience. Using nonclinical language, Dr. Shapiro shares with the reader the nature of her AIP model. She describes clients' experiences before, during, and after EMDR treatment with compassion, caring, insight, and integrity. To demonstrate both the potential for recovery we all possess and the intricate connections of our memory networks, Dr. Shapiro presents real life stories of people who have suffered, triumphed, and expanded their human potential through the healing powers of EMDR. These stories cover those who have become derailed because of simple humiliations and those who have been suffering from childhood abuse, terrorist and war activities, domestic violence, and other adult traumas involving body/physical and relationship issues. It provides both an education for laypeople and a greater understanding of case conceptualization for clinicians.

Although the book is subtitled, *Self-Help Techniques from EMDR Therapy*, this is not your typical self-help book. One of the book's primary goals is to enable readers to

understand themselves and recognize unprocessed memories that may be hidden or suppressed but are actively driving depression, anxiety, anger, and other symptoms in the present. She offers self-help exercises to assist readers in beginning their own healing journeys. These include self-control techniques to assist readers in bringing themselves “back to neutral,” such as the safe/calm place, four elements, butterfly hug, and breathing shift and spiral. These are geared to help make current situations more manageable as well as to prepare the reader for more personal exploration. With appropriate caveats, other exercises are described to assist the reader in understanding their own reactions by identifying traumatic and disturbing life events underlying their problems. These include the use of floatback, affect scan, and timeline, as well as the trigger, image, cognition, emotion, sensation (TICES) log. The self-help exercises are sometimes difficult to locate in scanning the book because they are often not highlighted within the text. However, a glossary at the end of the book provides a description of the different techniques and strategies along with chapter and page numbers to assist the reader in finding them.

Additional techniques provide readers with tools that athletes and performers have used to achieve peak performance.

Dr. Shapiro also informs readers how to find qualified EMDR therapists. *Getting Past Your Past* is a must-read for anyone who wants to better understand why negative reactions persist or has suffered tragedy or knows someone who has. This book has it all—from self-help techniques to a glossary of related terms and EMDR trauma research findings. It is made to order for students, executives, athletes, veterans—anyone who would like to understand the human condition, suffers from unresolved trauma or disturbing life events, or wishes to excel.

Getting Past Your Past carries the possibility of transforming lives by simply reading it. It has the potential to enlighten and strengthen individuals by encouraging them to explore *past* experiences in the *present* so they can be freer and more empowered in the *future*. Whether you buy it for yourself, clients, family, or friend (and it supports the EMDR Research Foundation and EMDR Humanitarian Assistance Programs [HAP]), the overall value of this book is enormous. It is bound to be a best seller. If you have not read it yet, I suggest you get started. And remember to purchase extra copies for your office. You will want your colleagues and clients to read it as well.

REVIEWED BY BARBARA J. HENSLEY