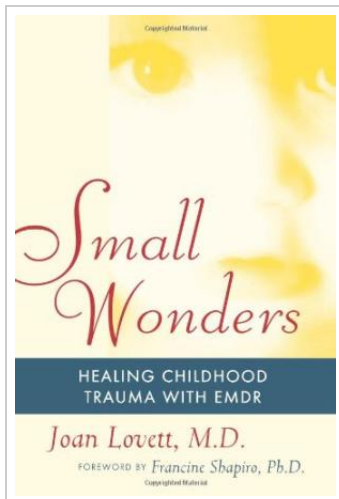




Small Wonders: Healing Childhood Trauma With EMDR (Paperback)

By Joan Lovett

SIMON SCHUSTER, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Childhood can be an exciting time, full of joyous exploration, new skills, friends, and imaginative play. It can also be very frightening, especially when children have experiences that threaten their feelings of safety and well-being. Even common traumatic childhood events can deeply affect children's normal healthy development, their self-esteem, and their families. Many behavioral problems stemming from common traumatic events could require years of psychotherapy or medication. That is, they did -- until the advent of EMDR. Developed by psychologist Francine Shapiro in the late 1980s, EMDR had already helped thousands of adult clients when Joan Lovett experienced its healing power firsthand. Eye movement desensitization and reprocessing (EMDR) is a comprehensive therapeutic approach that helps patients release disturbing thoughts and emotions that originate in traumatic experiences. Experiences can be traumatic in the commonly accepted sense -- abuse, disasters, violence -- but children may also perceive and respond to more ordinary events as very threatening. A playground accident, the loss of a loved one, school problems, or choking on a piece of popcorn can be a part of growing up. They can also...



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