

EMDR Part II Of The Two Part Basic Training

Dissociation And Dissociative Disorders Training Supplement

Selected Resources for EMDR & Dissociative Disorders

Articles

- Fraser, G. (2003). "A strategy for working with ego states in dissociative disorders and ego-state therapy." *Journal of Trauma and Dissociation*, 4(4), 5-28.
- Gelinas, D. (2003). "Integrating EMDR into phase-oriented treatment for trauma." *Journal of Trauma and Dissociation*, 4(3), 91-135.
- Lazrove, S., & Fine, C. G. (1996, December). "The use of EMDR in patients with dissociative identity disorder." *Dissociation*, 9(4), 289-299 (available at FS Library <http://emdr.nku.edu/EMDR.php>).

Books

- Frederick, C., & McNeal, S. (1999) *Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego Strengthening*. Mahwah, NJ: Lawrence Earlbaum Associates, Publishers.
- Ver der Hart, O., Nijenhuis, E., & Steele, K. (2006). *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization*. New York: W. W. Norton & Co.

EMDR Training Manuals

- *EMDR Humanitarian Assistance Program Basic Training Course: Training Manual Pts I & II*
See Appendices
 - ✓ Clinical Symptoms of Dissociative Disorders
 - ✓ A General Guide to the Use of EMDR in the Dissociative Disorders
 - ✓ DES Questionnaire & Manual for Administration and Scoring

Helpful Resources: Questionnaires

Dissociative Experiences Scale (DES). See EMDR Training Manual Appendix

DES-Taxon (DES-T)

- Taxon Item Numbers: 3, 5, 7, 8, 12, 13, 22, 27 – Note: A complex formula to compute
- For Free Computation of DES & DES-T:
 - www.ISST-D.org (click: Professional> Education & Treatment > DES Taxon)

Traumatic Experiences Checklist (TEC) (free) at Nijenhuis' website www.trauma-pages.com

Somatiform Dissociation Questionnaires (sdq-5; SDQ-20) available from Ellert Nijenhuis' website (free) www.trauma-pages.com

Multiscale Dissociation Inventory (MID). See John Briere www.johnbriere.com/multiscale.htm

Multi-Dimensional Inventory of Dissociation (MID). Paul Dell (self-administered) free at www.ISST-D.org

Population Norms for the DES (Score Ranges from Various Samples)

<i>Population Sampled</i>	<i>Ranges</i>	<i>Population Sampled</i>	<i>Ranges</i>
General Population	4-8 points	Borderline Personality	18-20
Anxiety Disorders	6-10	Inpatient/Child Abuse	20
Affective Disorders	6-12	PTSD	27-41
Eating Disorders	12-18	DDNOS	30-40
Late Adolescence	14-13	DID	40-57
Schizophrenia	10-21		