



Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy: Innovative Strategies and Protocols

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This is definitely a book whose time has come. One of the brilliant aspects of the EMDR therapy approach is that it makes it clinically possible to cut through social issues, and yet maintain its cultural consonance. From multiple contributions around the world, each chapter brings significant insights into how EMDR therapy can be culturally attuned and yet efficacious in preserving the individuality of each client. Highly recommended for those therapists who work in multi-cultural settings.

-Esly Regina Carvalho, Ph.D., *Trainer of Trainers, EMDR Institute/EMDR Iberoamericana and President TraumaClinic do Brasil/TraumaClinic Edições, Brasilia, Brazil.*

Underscoring the importance of cultural competence, this groundbreaking book focuses on using EMDR therapy with specific populations, particularly those groups typically stigmatized, oppressed, or otherwise marginalized in society. Drawing on social psychology research and theory as well as social justice and social work principles, it delivers general protocols for EMDR intervention for recovery from the internalized effects of cultural mistreatment. Employing best-practice methods for cultural competence as EMDR therapy is introduced to new cultures worldwide, the editor and esteemed EMDR clinician-authors relay their experiences, insights, guidance, and lessons learned through trial and error while adapting EMDR interventions for cross-cultural competency and therapeutic effectiveness

The text defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy that embraces authentic social identities and attends to the impact of socially based trauma. Chapters address using EMDR therapy to heal the trans-generational impact of Anti-Semitism, working with the LGBT population, treating an immigrant woman suffering from social anxiety, healing individuals with intellectual disabilities, the traumatizing effects of racial prejudice, harmful cultural messages about physical appearance, EMDR therapy attuned to specific cultural populations and socially based identities, and many other scenarios. The text is replete with step-by-step treatment guidelines to help clients recover from traumatic life events, dos and don'ts, and common adaptive and maladaptive cultural beliefs.

Key Features:

- Defines cultural competence and validates the need for a multi-culturally aware approach to psychotherapy
- Offers innovative protocols and strategies for treating socially based trauma within the EMDR model
- Presents best practice methods for cultural competence
- Includes step-by-step treatment guidelines and dos and don'ts
- Written by highly esteemed EMDR clinician-authors

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