Handbook of EMDR and Family Therapy Processes
To

ROBBIE DUNTON

who nurtured the development of EMDR child treatment and laid the groundwork for all those who followed.
To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.

—Confucius

If you cannot get rid of the family skeleton, you may as well make it dance.

—George Bernard Shaw
Contents

Foreword xiii
   Daniel J. Siegel
Preface xx
Acknowledgments xxv
About the Editors xxvii
About the Foreword Author xxix
Contributing Authors xxxi

PART I
Foundations

1   EMDR and Case Conceptualization from an Adaptive Information Processing Perspective 3
   Francine Shapiro

2   Family Systems Theories and Therapeutic Applications: A Contextual Overview 35
   Florence W. Kaslow

3   Use of the Genogram with Families for Assessment and Treatment 76
   Sylvia Shellenberger

4   EMDR Treatment of Family Abuse: Eye Movement to “I” Movement 95
   Marcelle Manon

PART II
Attachment Problems

5   Treating Attachment Issues through EMDR and a Family Systems Approach 113
   Debra Wesselmann

6   Repairing Maternal-Infant Bonding Failures 131
   Antonio Madrid

7   Enhancing Attachments: Conjoint Couple Therapy 146
   Mark D. Moses
PART III
Marital Problems and Conflicts

8 Integrating EMDR and Bowen Theory in Treating Chronic Relationship Dysfunction 169
Nancy Knudsen

9 Integrating EMDR and Imago Relationship Therapy in Couple Treatment 187
Beverly S. Talan

10 EMDR and Emotionally Focused Couple Therapy for War Veteran Couples 202
Nancy Errebo and Rita Sommers-Flanagan

11 Sexual Trauma in Dysfunctional Marriages: Integrating Structural Therapy and EMDR 223
Wilhelmina S. Koedam

12 EMDR and Family Therapy in the Treatment of Domestic Violence 243
Julie E. Stowasser

PART IV
Child and Family Problems

13 Complex Separation, Individuation Processes, and Anxiety Disorders in Young Adulthood 265
Laura Rocchietta Tofani

14 Children of Divorce 284
Frances (Frankie) R. Klaff

15 The Child as Identified Patient: Integrating Contextual Therapy and EMDR 306
Barry Litt

16 Integrating EMDR and Family Therapy: Treating the Traumatized Child 325
Anita Bardin, Joel Comet, and Deborah Porten

17 Integrative Treatment of Intrafamilial Child Sexual Abuse 344
Louise Maxfield

18 Medical Family Therapy 365
Margaret (Peggy) V. Moore
PART V
Community Disasters

19 | Disaster Response: EMDR and Family Systems Therapy under Communitywide Stress 387
Robert A. Gelbach and Katherine E. B. Davis

PART VI
Conclusion

20 | The Integration of EMDR and Family Systems Therapies 407
Louise Maxfield, Florence W. Kaslow, and Francine Shapiro

APPENDIXES

Appendix A: EMDR Resources 425
Appendix B: EMDR Trauma Research Findings and Further Reading 427
Appendix C: Family Systems Resources 436
Appendix D: A Brief History of the Field of Family Psychology and Therapy 438
Florence W. Kaslow

Author Index 455
Subject Index 463
Foreword

I was extremely pleased to be invited to write the Foreword for this book, which I believe is so important that it should rapidly become essential reading for those in our field. In the past 2 decades, Eye Movement Desensitization and Reprocessing (EMDR) has become one of the most important methods for treating trauma. It has recently been recognized by the American Psychiatric Association as well as lauded by countries as diverse as Turkey and Ireland, where it has been used by professionals with populations beset by both natural disasters and people-made civil strife. The idea of the three editors to bring together EMDR and family systems theories is indeed a brilliant one, and I am honored to have this opportunity to be part of this groundbreaking endeavor.

The focus of this book on attachment, family relationships, and intrapersonal functioning is very similar to my own professional focus on interpersonal neurobiology. This multidisciplinary perspective (Siegel, 1999) enables us to build on the wisdom of many scientific disciplines in defining the mind and mental health. The integrative focus is extremely useful in understanding the mechanisms underlying trauma’s effects and an effective means to facilitate healing (Solomon & Siegel, 2003). In this book, EMDR and family system approaches are integrated in a unique fashion to reinforce the ways in which the treatment of individuals and families suffering from trauma’s wake can be brought into well-being.

Our brains are the social organs of our bodies. In the early years of our lives, interactions with others shape the important connections in our brains that in turn influence our internal sense of self and our capacity for healthy relationships with others. The internal and the interpersonal are woven together during these early years, and these domains of our experience continue to weave a tapestry of our ways of living throughout our lives. In clinical terms, “self-regulation” is the way we manage and balance such things as our emotions, our bodily functions, our thinking, and even our communication patterns with others. The term self can be misleading: An individual is continually shaped by relationships with others throughout the life span. This view is reinforced by new findings that the brain continually restructures itself in response to life experiences.

The synaptic connections among neurons create the fundamental structure of the brain. Genes are important for determining the overall architecture of the brain, but the conditions in the womb can also influence these connections, contributing to the temperament with which one is born. Temperament is the constitutional makeup of the nervous system, one’s sensitivities, proclivities to react intensely or subtly, overall mood, regularity, and capacity to engage with novel situations. When a baby is born, his or her communication patterns with others, especially caregivers, play a fundamental role in molding the continuing development of