

Infinite Learning  
Basic Training in EMDR Therapy  
Pre-Training Reading List



**Before the training ends you should read both of the following books in their entirety.**

Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures*. (3rd ed.). New York: The Guilford Press.

Leeds, A. M. (2016). *A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants* (2nd ed.). New York: Springer Publishing Company.

**Prior to the first training weekend read and be familiar with the following chapters:**

- 1) Shapiro (2018)  
Chapters 1 – 5.
- 2) Leeds (2016)  
Chapters 1 – 6.  
Appendix B, pp. 365-390.

**Optional supplemental reading before the first weekend:**

1) van der Kolk, B., Weisaeth, L., & van der Hart, O. (1996). History of trauma in psychiatry. In B. van der Kolk, A. C. McFarlane, & L. Weisaeth (Eds.), *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. (pp. 47-74). New York: The Guilford Press.

Available online via Google Books  
<http://www.google.com/books?id=Me5GN4LxBmQC&lpg=PP1&pg=PA47#v=onepage&q=&f=false>

2) Onno van der Hart, Ellert Nijenhuis, Kathy Steele (2005) Dissociation: An Insufficiently Recognized Major Feature of Complex PTSD. *Journal of Traumatic Stress*, 2005, 18(5).

Available online at:

[https://www.onnovdhart.nl/articles/jts\\_complex\\_%20ptsd.pdf](https://www.onnovdhart.nl/articles/jts_complex_%20ptsd.pdf)  
[https://www.researchgate.net/publication/7487451\\_Dissociation\\_An\\_insufficiently\\_recognized\\_major\\_feature\\_of\\_complex\\_PTS](https://www.researchgate.net/publication/7487451_Dissociation_An_insufficiently_recognized_major_feature_of_complex_PTS)

3) Korn, D. L., & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. *Journal of Clinical Psychology*, 58(12), 1465–1487.

Available online at:

[https://www.emdrworks.org/Downloads/EMDR%20and%20RDI%20\(Korn\).pdf](https://www.emdrworks.org/Downloads/EMDR%20and%20RDI%20(Korn).pdf)