

### **New Free eBook Provides EMDR Resources to Aid Practitioners**

Many EMDR clinicians are tirelessly working to treat the anxiety and many forms of trauma wrought by the pandemic, in hospital settings and through Teletherapy. ***EMDR Resources for the Era of Covid-19*** was written by EMDR experts to inform and support therapists as they work to respond to the needs of those who need them now. This work is available for **Free** to support and educate the EMDR community with resources that can serve as a source of healing.

The era of Covid-19 has been described as ongoing trauma that will continue for some time. This eBook will help clinicians and through treatment, their clients, find ways to cope and build resilience to promote recovery. The work is organized in to four sections: (1) EMDR Responses to Covid-19 around the World, (2) EMDR-Related Stabilization Techniques, (3) Early EMDR Interventions, and (4) Early Self-Care Suggestions and Interventions. This book compiles the response of EMDR practitioners treating victims of the pandemic in some of the hardest hit areas of the world and offers a level of care framework for how to understand EMDR therapy intervention during this crisis. It also provides guidance and adaptation of techniques in stabilizations, early intervention and remote group-traumatic episode protocols for individuals and self-care.

### **Stricken Therapist Works to Inform, Aid Others**



Marilyn Luber, PhD, and licensed clinical psychologist in private practice in PA, was stricken with Covid-19 in March 2020. She understands firsthand the devastating psychological and physical effects that the virus has, and found herself reaching out to colleagues who were helping patients, friends and family with the battle. Luber says, “My experience informed my editorial touch, and my passion to publish these resources promptly and without fee for the benefit of my colleagues and all of our patients.” She hopes readers will review the resources contained in the eBook, experiment to find what they value most, and above all share the resources with

others who would find them helpful.