

Six Tips from Science
Informing the EMDR Treatment of Very Early Trauma & Neglect

References

Sandra Paulsen, EMDRIA, Austin, 2013

- Allen, J. G., & Fonagy, P. (2006). *Handbook of mentalization-based treatment*. Chichester, West Sussex, England: John Wiley and Sons Ltd.
- O'Shea, K. (2009). EMDR Friendly Preparation Methods for Adults and Children. In R. Shapiro (Ed.), *EMDR Solutions II: for Depression, Eating Disorders, Performance, and More* (pp. 289-312). New York: W.W. Norton & Co.
- O'Shea, K., & Paulsen, S. L. (2007, September). *A protocol for increasing affect regulation and clearing early trauma*. Paper presented at the annual meeting of the Eye Movement Desensitization & Reprocessing International Association Conference, Dallas, TX.
- Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures* (2nd ed.). New York: Guilford Press.
- Chamberlain, David B. (website accessed 9/23/2013). Prenatal Memory and Learning. Website article of the Association for Prenatal and Perinatal Psychology and Health.
- DeCasper, A.J., & Fifer, W.P. (1980). Of human bonding: newborns prefer their mothers' voice. *Science*, 208, 1174-11176.
- Lanius, U., Paulsen, S.L., & Corrigan, F. (in press). The Neurobiology & Treatment of Traumatic Dissociation: Toward an Embodied Self.
- O'Shea, M. K. (2003) Reinstalling innate emotional resources. Paper presented at EMDR Europe Conference. Rome, Italy.
- O'Shea, M. K. (2009). The EMDR early trauma protocol. In R. Shapiro (Ed.) *EMDR Solutions II: for Depression, Eating Disorders, Performance and More*. NY: W. W. Norton.
- O'Shea, M. K. (2001) Accessing and repairing preverbal trauma and neglect. Paper presented at EMDR Canada Conference, Vancouver, British Columbia, Canada.
- O'Shea, M. K. (2003) Accessing and repairing preverbal trauma and neglect. Paper presented at EMDRIA Conference. Denver, CO.
- O'Shea, M. K. (2006) Accessing and repairing preverbal trauma and neglect. Paper presented at EMDR Europe Conference, Istanbul, Turkey.
- Panksepp, J. (1998). *Affective Neuroscience: the foundations of human and animal emotions*. New York: Oxford University Press.
- Panksepp, J. (2009). Personal communication. .

Panksepp, J., & Biven, L. (2012). *Archaeology of Mind: Neuroevolutionary Origins of Human Emotions*. New York: W.W. Norton & Co.

Paulsen, S. (2009). *Looking Through the Eyes of Trauma and Dissociation: An illustrated guide for EMDR therapists and clients*. Charleston: Booksurge.

Paulsen, S. L. (2004, November). *Softening the perpetrator introject*. Paper presented at the annual meeting of the International Society for the Study of Dissociation, New Orleans, LA.

Paulsen, S. L. (2009 (November)). Working under the floor boards: Resetting affective circuits in preparation for clearing very early trauma with EMDR. *International Society for the Study of Trauma & Dissociation, Annual Conference*. Baltimore, Maryland.

Paulsen, S. L. (2009). *Looking through the eyes of trauma and dissociation: An illustrated guide for EMDR clinicians and clients*. Charleston, NC: Booksurge.

Paulsen, S. L., & Lanius, U. (in press). Embodied self: Integrating EMDR with somatic and ego state interventions. In R. Shapiro (Ed.), *EMDR solutions II: Depression, eating disorders, performance, and more*. New York: W. W. Norton.

Paulsen, S.L. (in press) Temporal Integration. Lanius, U., Paulsen, S.L., & Corrigan, F. (in press). *The Neurobiology & Treatment of Traumatic Dissociation: Toward an Embodied Self*.

Paulsen, S.L., Lanius, L. & O'Shea, M.K. (in press). Alexithymia, affective dysregulation and the imaginal - resetting the subcortical affective circuits. In Lanius, U., Paulsen, S.L., & Corrigan, F. (in press). *The Neurobiology & Treatment of Traumatic Dissociation: Toward an Embodied Self* . N.Y.: Springer.

Porges, S. W. (2011). *The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation*. New York: WW Norton.

Schore, A. (2009, August). Part I: Right brain affect regulation: An essential mechanism of development, trauma, dissociation and psychotherapy. Plenary at the annual meeting of the EMDR International Association, Atlanta, GA.

Schore, A. N. (2001). The effects of early relational trauma on right brain development, affect regulation, and infant mental health. *Infant Mental Health Journal*, 22, 201-269.

Schore, A. N. (2002). Dysregulation of the right brain: A fundamental mechanism of traumatic attachment and the psychopathogenesis of posttraumatic stress disorder. *Australian and New Zealand Journal of Psychiatry*, 36, 9-30

The Association for Prenatal and Perinatal Psychology and Health www.birthpsychology.com

van der Kolk , B.A. (1994 Jan –Feb) The body keeps the score: memory and the evolving psychobiology of posttraumatic stress. *Harvard Review of Psychiatry*. 1(5): 253-265.