

■ A Clinician's Guide for Treating Active Military and Veteran Populations With EMDR Therapy

E.C. Hurley. New York, NY: Springer Publishing Company, 2021, 321 pages, \$55.00 (paperback)

The purpose of this book is to serve as a manual for eye movement desensitization and reprocessing (EMDR) providers working with military personnel and veterans. In this epic book, the author begins by portraying many facets of the military as it relates to EMDR practice: military rank, sense of responsibility, the meaning of relationships and attachment issues, the impact of war and grief, the vigilance of combat, and the containment of emotions.

Dr. Hurley takes the reader through all phases of EMDR therapy within the context of the adaptive information processing (AIP) model. He descriptively lays out the basic tenets of the AIP model and provides case conceptualization throughout. He uses standard EMDR protocols and procedures as well as researched modifications that can be applied to the military population.

The author discusses ideas for EMDR treatment planning in an intensive setting and target selection when treating clients with complex PTSD in the military. He offers a multitude of strategies for effective reprocessing with active military and veterans, including the Blind to Therapist Protocol and the EMDR treatment continuum, ranging from EMDR to restricted processing (EMD).

Dr. Hurley devotes entire chapters on the most salient issues related to this population in the context of EMDR treatment: PTSD symptoms and traumatic brain injury (TBI), moral injury, military sexual trauma, suicidality, fidelity to the EMDR model, and EMDR early intervention programs. In his chapter on TBI, the author offers medical information about this condition and useful EMDR treatment strategies with those dually diagnosed with mild or moderate TBI and PTSD. His chapter on moral injury discusses

three levels of complexity in EMDR treatment of moral injury, including (1) the spontaneous reprocessing of moral injury with EMDR standard protocol, (2) the reprocessing of moral injury using cognitive interweaves, and (3) the most complex moral injuries, which can vary in presentation and treatment from one session to the next.

For the novice EMDR provider, this book does not contain detailed scripts for the phases 3-8. It is recommended that a basic training manual be kept nearby if needed.

This book is well written and, throughout, the author shares actual case studies to give the reader virtual exposure to EMDR therapy with active military personnel and veterans. Military terms and concepts are clearly defined. References are listed at the end of every chapter to include contemporary citations the reader will want to further explore. With objectives at the beginning and discussion points at the end of every chapter, this book can also serve as a valuable resource in an academic setting or in a structured consultation group. This book provides an incredible amount of insight, perspective, and strategies for EMDR treatment with the active military and veteran population.

It is highly recommended for those utilizing EMDR therapy with this population at all levels: clinical practice, consultation, as well as training. Whether one is new, intermediate, or advanced in providing EMDR therapy to the military population, *A Clinician's Guide for Treating Active Military and Veteran Populations With EMDR Therapy* will be certain to enlighten the reader and improve clinical insight and practice.

REVIEWED BY CAMILLE ZEITER