



Looking Through the Eyes of Trauma and Dissociation: An illustrated guide for EMDR therapists and clients

By Sandra Paulsen Ph.D



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This book is created with over 100 original cartoons so that not only therapists can understand the treatment of traumatic dissociation, but their clients can as well. It describes the use of ego state therapy in preparation for trauma work, especially EMDR.



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Editorial Review

About the Author

Sandra Paulsen. Dr Paulsen is author and illustrator of, "Looking Through the Eyes of Trauma & Dissociation: An Illustrated Guide for EMDR Therapists and Clients," which has been translated into Japanese and German. She is a fellow of the International Society for the Study of Trauma and Dissociation and co-edited *The Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self* (2014). She is co-authoring and illustrating a childrens book on dissociation with Ana Gomez. Dr Paulsen was invited faculty at the First and Third World Congresses of Ego State Therapy in Germany, 2003 and South Africa, 2010, Japan EMDR Conference 2010, Masters Series Lecturer at EMDRIA conference in Toronto, 2004. She wrote chapters in Corsini's *Encyclopedia of Psychology and Handbook of Innovative Psychotherapy*, and in Shapiro's *Solutions II*, Forgash's *Healing the Heart of Trauma*, and Luber's *EMDR Scripted Protocols*. She has collaborated with John G. Watkins, originator of ego state therapy. She was Assistant Professor of Psychiatry and Associate Professor of Psychology at the University of Hawaii; and Acting Chief Psychologist at Queens Medical Center in Honolulu. She now lives and works on Bainbridge Island, near Seattle, specializing in intensive treatment for early trauma and attachment injuries and teaches workshops around the world in ego state therapy and dissociation, somatic therapy for EMDR practitioners and the Early Trauma protocol of EMDR for attachment injuries.

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