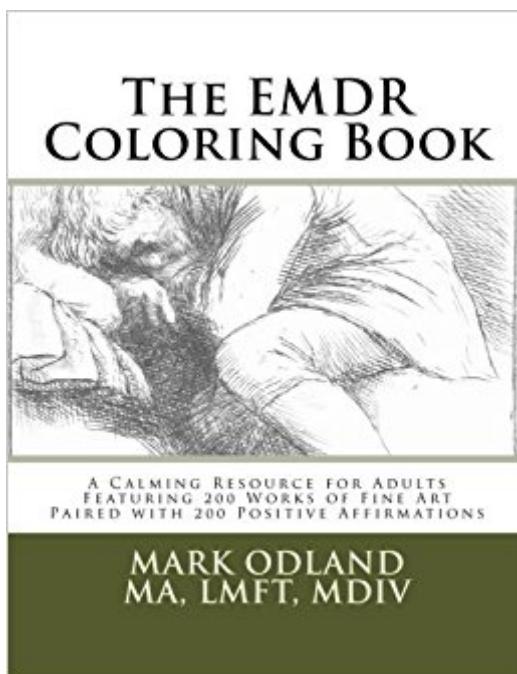


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# The EMDR Coloring Book: A Calming Resource For Adults - Featuring 200 Works Of Fine Art Paired With 200 Positive Affirmations



## **Synopsis**

Along with standard resources like the safe/calm place and container, this innovative coloring book seamlessly complements the EMDR therapy process. It includes 200 positive affirmations paired with 200 works of fine art by famed printmaker, Alphonse Legros. Used for both coloring and journaling, each page provides an elegant and creative opportunity for clients to practice emotional regulation in and between EMDR therapy sessions.

## **Book Information**

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## **Customer Reviews**

Not a great coloring book in my opinion. I am not a fan of the style of pictures in this book. It is very difficult to color and it stressed me more than it should have. It was a wonderful idea but in practice it really is not great. It broke two of the cardinal rules of adult coloring books which are: design on one side only and pages should be easily removable from the book. Gel pen, marker users as well as those that like precise color will not be at ease with this book. Colored pencils and water colors would be great with this book though. Those are unfortunately not my mediums. I'll be going back to my Color Me Mindful type books. I'm not sure if it was intentional or an oversight but the Look Inside feature doesn't actually feature any of the coloring pages. The cover picture is literally the type of pictures in the entire book.

While the positive cognitions are excellent, the book as a whole was disappointing. I purchased it before any reviews were posted and was expecting a "coloring book" Not so. The images are beautiful, but appear as black and white etchings that are NOT conducive to coloring, I can see

where it would be excellent for my EMDR clients and their journaling.

Disappointed that the item arrived with the book bent on one corner. New item \$9.99

This is different than the standard adult coloring book, because they are works of art that have been made into black and white prints. Make sure you look at the "Surprise Me" feature so you can get an idea of what the pages are like. I'd call it more of a "shading" book than a coloring book. There's plenty of room on the pages for your journaling too. Note: I received a complimentary copy of the book in exchange for an honest review.

I could not help but get right into it. It is an art book in itself and the messages are incredible. I wanted to get my coloring pencils out and start right in on it myself. Absolutely I believe it makes an excellent tool for the client that needs something calming when away from our offices and who can benefit so much from more than fleeting affirmations they may be inconsistent with when life circumstances are not supportive. I wonder if the adults might want to be able to tear out pages they feel are special for themselves and post them. It was a consideration, but it would probably raise the price of the book. This is a concept whose time has definitely come. It seems 'way underpriced for the good I feel it could do. I intend to recommend it to my clients. Sandra L., PhD, LCSW Clinical Therapist

As an EMDR therapist I appreciate the resource that this book is. I have had it out where my clients can interact with it and without fail they have told me that this makes selection of a positive cognition more real for them in that they have the time as they peruse the book to try the cognitions on to see if they fit. The only negative that I get as feedback from my clients, and it was my reaction as well, is the title as a coloring book. All were expecting something that they would be able to color rather than the beautiful pencil drawings that elicited the question as to why someone would want to color the drawings. Overall, once the disappointment about this not being coloring book was done, my clients find it especially helpful and I have suggested to them to just let the positive cognitions speak to them while focusing on the drawings and it seems to be working for them exceedingly well.

Quality self soothing skills are at a premium for individuals working through traumatic experiences. Skills that engage multiple aspects of the neurological network seem to be especially helpful. Mark has hit a bullseye with this coloring book. The chosen art works are evocative and paired with

healing affirmations. Those using the book can choose their medium, and the pages lend themselves to notations and/or journal entries, as well. As an EMDR therapist, I am excited about this added resource for EMDR Therapy clients, but I believe this book can have a much wider appeal. With adult coloring books gaining popularity, and the stresses and pressures of today's world, I appreciate greatly that Mark created this resource and I hope it is the first of a collection to follow.

As an EMDR therapist, I am continually looking for adjunct resources to supplement and enrich the EMDR process. This is a great tool to add to that toolbox. Each page holds a written positive core cognition paired with a black and white piece of artwork underneath that can be colored or painted. Many of my clients like to use adult coloring books for an artistic mindfulness practice, and this book wonderfully combines that practice with matching positive core cognitions from the EMDR process. I think that trauma survivors will appreciate the honesty and realness of the art works selected.

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