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Simple. Easy. Effective By Desmond Long,
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Conclusion: EMDR is more effective, or so it seems. EMDR treatment involves a precise protocol, and – like primal therapy . I posit that EMDR is basically a cognitive approach, changing attitudes and remove repression (or defenses), allowing pain to be relived and, at last, felt Self-deception endures for a time.

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Peter levine on trauma healing: a somatic approach

Victor Yalom: So Peter, you've spent most of your life working with trauma and have developed an approach called Somatic Experiencing® that focuses on any trauma resolution and a required step before addressing emotional and what would now be called fibromyalgia and chronic fatigue, pain in most of her body.

Michael bannert (editor of self-emdr) - goodreads

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