

Table 1.1 Focused, experiential, in-depth psychotherapies that are congenial to fulfilling the therapeutic reconsolidation process if the therapist applies them to do so

<i>Psychotherapy</i>	<i>References</i>
Accelerated Experiential Dynamic Psychotherapy (AEDP)	Fosha, 2000, 2002
Coherence Therapy (formerly Depth Oriented Brief Therapy)	Ecker & Hulley, 2008a, 2011
Eye Movement Desensitization and Reprocessing (EMDR)	Parnell, 2006; Shapiro, 2001
Emotion-Focused Therapy (EFT)	Greenberg, 2010; Greenberg & Watson, 2005
Focusing-Oriented Psychotherapy	Gendlin, 1996
Gestalt Therapy	Polster & Polster, 1973 Zinker, 1978
Hakomi	Fisher, 2011 Kurtz, 1990
Internal Family Systems Therapy (IFS)	Schwartz, 1997, 2001
Interpersonal Neurobiology (IPNB)	Badenoch, 2011 Siegel, 2006
Neuro-Linguistic Programming (NLP)	Vaknin, 2010
Traumatic Incident Reduction (TIR)	French & Harris, 1998 Volkman, 2008

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