

What is EMDR

(understanding EMDR as a treatment approach)

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

EMDR Helps With:

- Trauma and PTSD
- Depression
- Anxiety
- Phobias
- Addictions
- Chronic Pain
- Weight Loss

How Does it Work?

During an EMDR therapy session, we will use bilateral stimulation to help you access your “stuck point”. A stuck point can include things like a traumatic memory, or a time when you felt profoundly out of control. Bilateral stimulation allows both sides of the brain to be stimulated. This way, both sides work together to unlock the part of your brain that is holding on to the pain so you can process the memory and find relief.

EMDR Phases

Phase 1: The first phase is a history-taking session(s).

Phase 2: The therapist ensures that the client has several different ways of handling emotional distress. This is called resourcing

Phases 3-6: A memory is identified and processed using EMDR therapy procedures. The client identifies:

- A vivid visual image related to the memory
- A negative belief about self
- Related emotions and body sensations.
- A positive belief.

The client is instructed to focus on the image, negative thought, and body sensations while simultaneously engaging in EMDR processing using sets of bilateral stimulation. After each set of stimulation, the clinician instructs the client to let his/her mind go blank and to notice whatever thought, feeling, image, memory, or sensation comes to mind.

Phase 7 & 8: The therapist asks the client to keep a log during the week and checks in regarding progress made

