

Eye Movement Desensitization and Reprocessing (EMDR)

Severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma just like your body recovers from physical trauma. When you cut your hand, your body works to close the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. Once the block is removed, healing resumes. EMDR therapy demonstrates that a similar sequence of events occurs with mental processes. Using the detailed protocols and procedures learned in EMDR training sessions, clinicians help clients activate their natural healing processes.

WHAT IS EMDR?

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

EMDR supports quick and effective re-grounding of traumatic memories or distorted thoughts. Trauma can provoke intense emotions that become 'stuck' in the information processing system and affect daily life, decisions, and relationships. When someone experiences trauma or distress, the brain cannot process the information as it would normally. Traditional/talk therapy alone may be less effective as there may be no specific dialogue attached to the memory.

HOW DOES EMDR WORK?

EMDR is facilitated by a clinician, but takes advantage of your own healing mechanism which creates opportunity for intense/disturbing memories or emotions to be re-grounded in the brain with less intensity. In a sense, you can experience traumatic memories which may feel very intense and emotional as less intense or disturbing after going through this process.

The therapist facilitating this treatment will help you by:

- Identifying a target traumatic memory and guide you through the process
- Doing bilateral stimulations (alternating activating each side of the body and brain)
- Using eye movements back and forth
- Utilizing tactile buzzers in each hand
- Helping you in shifting your beliefs surrounding the trauma

EMDR sessions last about an hour and relief may be seen in as few as 1-2 sessions.



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