

## **How is EMDR therapy different from other therapies?**

Experiencing trauma is not a sign of weakness; it is a normal change in how brain is working. The traumatic impacts on us can be healed. EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process.

EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies.

### **Introduction Video about EMDR and the treatment of Trauma:**

<https://www.youtube.com/watch?v=PkfIn-ZtWeY>

### **For more information on how you can benefit from EMDR and what to expect in a session:**

<https://www.emdria.org/about-emdr-therapy/>

### **What are the Eight Phases of EMDR?**

<https://www.emdria.org/wp-content/uploads/2021/08/8-Phases.border.pdf>

Excerpts above from: F. Shapiro & M.S. Forrest (2004) EMDR: The Breakthrough Therapy for Anxiety, Stress and Trauma. New York: BasicBooks. <http://www.perseusbooksgroup.com/perseus-cgi-bin/display/0-465-04301-1>