

WHAT IS

# EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a model of psychotherapy that supports the brain's natural healing processes for recovery from traumatic and/or distressing experiences.

From the EMDRIA website: "While many times traumatic experiences can be managed and resolved spontaneously, they may not be processed without help. Stress responses are part of our natural fight, flight, or freeze instincts.

When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create feelings of overwhelm, of being back in that moment, or of being "frozen in time."

EMDR therapy helps the brain process these memories, and allows normal healing to resume.

The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved."



## WHAT CAN EMDR HELP WITH?

- Anxiety
- Depression
- Pain
- PTSD
- Violence
- Sleep
- Performance
- Grief and Loss
- Sexual Assault
- Other Trauma
- Interpersonal relationships
- Substance Use
- Eating Disorders
- Chronic Illness

## How is EMDR different?

- EMDR uses alternating stimulus (eye movement, tapping, etc.) to create connections in the brain to resolve unprocessed traumatic memories
- There is little talk during reprocessing and no homework between sessions
- EMDR therapy can resolve concerns in fewer sessions than other psychotherapies
- Experience changes in images, sensations, memories, feelings, and thoughts

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