

What Makes EMDR Different?

✓ Technique

Detailed conversation about the traumatic events or homework between sessions is not required. EMDR therapy uses alternating eye movements, sounds, or taps to help the individual resolve unprocessed traumatic memories during sessions.

✓ Natural Healing

EMDR does not focus on one's emotions, thoughts, or behaviors. Instead, EMDR therapy enhances the brain's process of natural healing.

✓ Timely

EMDR therapy can typically be completed using fewer sessions than other psychotherapies.

Experiencing EMDR

- * Once the therapist and client agree on EMDR therapy, the client will be asked to focus on one specific event.

- * Attention is given to a negative image, belief, & body feeling related to the event, and then to a positive belief that indicates resolution.

- * While focusing on the event, the therapist begins sets of side-to-side eye movements, sounds, or taps.

- * The client is guided to notice their thoughts after each set. Clients may experience changes in insight, images, feelings, or beliefs about the event.

- * The client may stop the therapist at any time, if needed. The sets of eye movements, sounds, or taps are repeated until the event becomes less disturbing.



EMDR Therapy For Adults



What Is **EMDR** Therapy?

- Eye Movement Desensitization & Reprocessing
- Helps people heal from trauma or other distressing life experiences
- EMDR has been extensively researched and has demonstrated effectiveness for trauma



Recognized as effective in treating PTSD by the many national and international organizations such as the American Psychiatric Association, the World Health Organization, and the U.S. Department of Veteran Affairs

EMDR Therapy Can Be Used For:

- ☹ Anxiety, Panic Attacks, & Phobias
- ☹ Chronic Illness & Medical Issues
- ☹ Depression & Bipolar Disorders
- ☹ Eating Disorders
- ☹ Grief & Loss
- ☹ Pain
- ☹ Psychosis
- ☹ PTSD & Other Stress Related Issues
- ☹ Sexual Assault
- ☹ Sleep Disturbance
- ☹ Substance Abuse & Addiction
- ☹ Violence & Abuse



How Can **EMDR** Help With Healing?

Brains have a way to naturally recover from traumatic events and memories. This natural process involves communication between the amygdala (the alarm signal for stressful events), the hippocampus (assists with learning, including memories about safety and danger), and the prefrontal cortex (analyzes and controls behavior and emotion). However, some traumatic experiences may not be processed without help. As a natural response to stress, the body will instinctively enter into a fight, flight, or freeze mode. When distress from disturbing events remain, the upsetting images, thoughts, and emotions may create feelings of overwhelm, of being back in that particular moment, or of being “frozen”. EMDR therapy allows the brain to process these memories to resume normal healing. The experience is still remembered, but the fight, flight, or freeze response from the original event has been resolved.