

## **EMDR & BRAINSPOTTING THERAPIES... COULD THEY HELP YOU HEAL?**

### **WHAT IS EMDR?**

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. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the 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. The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes. Using the detailed protocols and procedures learned in EMDR therapy training sessions, clinicians help clients activate their natural healing processes.

See <https://www.emdr.com/what-is-emdr/> for more information and a directory of trained clinicians.

### **WHAT IS BRAINSPOTTING?**

Brainspotting locates points in the client's visual field that help to access unprocessed trauma in the subcortical brain. Brainspotting (BSP) was discovered in 2003 by David Grand, Ph.D. Dr. Grand discovered that "Where you look affects how you feel." It is the brain activity, especially in the subcortical brain that organizes itself around that eye position.

See <https://brainspotting.com/> for more information and a directory of trained therapists and professionals.

*Elaine Korngold, LPC, NCC, MBA (Certified Brainspotting Therapist, Financial Therapy, Career Counseling, ADHD Counseling) shares a comprehensive article on the similarities and differences between these two therapies here:*

*<https://askcounseling.com/brainspotting-emdr/>.*

*See <https://askcounseling.com> for more information.*



Information in this handout is NOT a substitute for professional care. Our information is designed to be used as peer support and may be used in conjunction with professional care.