

EMDR

Eye Movement Desensitisation and Reprocessing

Supporting the processing of distressing experiences



WHAT IS EMDR?

Eye Movement Desensitisation and Reprocessing (EMDR) is a structured therapeutic approach that can help people process distressing experiences and memories that continue to affect how they think, feel or respond in the present.

Sometimes difficult experiences can continue to feel very immediate — even when we know intellectually that they happened in the past.

EMDR aims to support the brain's natural processing of these experiences.

WHAT CAN EMDR SUPPORT?

EMDR may be used to address difficulties associated with:

- Traumatic experiences
- Distressing memories
- Anxiety or fear
- Emotional triggers
- Negative beliefs about yourself
- Experiences affecting everyday functioning

WHAT TO EXPECT

EMDR involves several stages and is tailored to the individual.

Beth will spend time understanding your circumstances, establishing safety and preparing you before trauma processing occurs.

During certain stages, you may be asked to briefly focus on aspects of a memory while engaging in bilateral stimulation, such as guided eye movements.

YOU REMAIN IN CONTROL

EMDR isn't about forcing you to disclose every detail of an experience.

Beth works collaboratively and at a pace appropriate for you, with preparation, safety and your ability to manage distress remaining central to the process.

IS THIS SERVICE RIGHT FOR YOU?

EMDR isn't suitable for every person or every stage of recovery. Beth can talk with you about your experiences, goals and current circumstances to determine whether EMDR may be an appropriate therapeutic approach for you.

Ready to Make a Referral?

SCAN TO REFER

