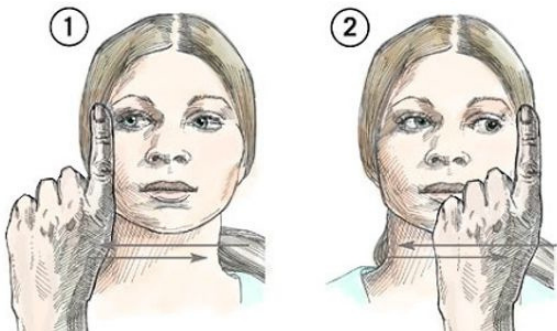


IS EMDR AN EVIDENCE-BASED THERAPY?

EMDR is an innovative clinical treatment which has successfully helped over a million individuals. The validity and reliability of EMDR has been established by rigorous research. There are now nineteen controlled studies into EMDR making it the most thoroughly researched method used in the treatment of trauma, (Details on www.emdrCanada.org and www.emdria.org) and is recommended by the National Institute for Health and Clinical Excellence (NICE) as an effective treatment for PTSD. Adapted from www.thetraumacentre.com.



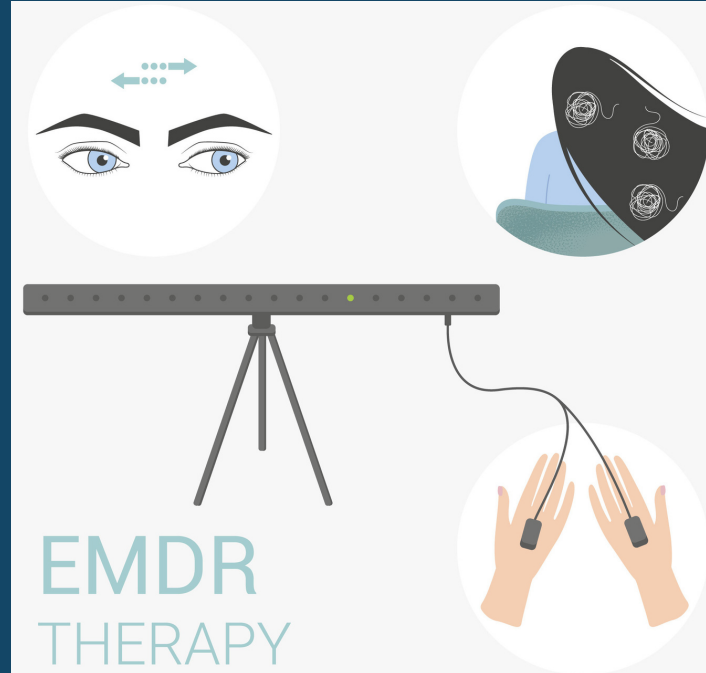
HOW DOES EMDR AFFECT THE BRAIN?

Our brains have a natural way to recover from traumatic memories and events. This process involves communication between the amygdala (the alarm signal for stressful events), the hippocampus (which assists with learning, including memories about safety and danger), and the prefrontal cortex (which analyzes and controls behavior and emotion). 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."



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WHAT IS EMDR?

EMDR is a new psychotherapy used to treat troubling symptoms, such as anxiety, guilt, anger, depression, panic, sleep disturbance, addiction, and flashbacks that are the result of traumatic experiences. Traditional therapies have met with limited success in treating victims of trauma. Not only has EMDR therapy been proven effective in reducing the chronic symptoms which follow trauma - the therapy benefits appear to be permanent.

Eye Movement Desensitization and Reprocessing (EMDR) is a non-drug, non-hypnosis psychotherapy procedure.

The therapist guides the client in concentrating on a troubling memory or emotion while moving the eyes rapidly back and forth (by following the therapist's fingers, a light bar, or by using TheraTappers).

This rapid eye movement, which occurs naturally during dreaming, seems to speed the client's movement through the healing process. EMDRIA, the governing international association of EMDR lists several national, and international organization that recognize EMDR as an effective treatment. These include:

The American Psychiatric Association, the American Psychological Association, the Canadian Psychological Association, the International Society for Traumatic Stress Studies, the Substance Abuse and Mental Health Services Administration, the U.S. Dept. of Veterans Affairs/Dept. of Defense, The Cochrane Database of Systematic Reviews, and the World Health Organization among many others.

WHAT HAPPENS IN AN EMDR SESSION?

During each EMDR therapy session—depending on what phase of the treatment you are in—your therapist will guide you through a series of questions or ask you to focus on a memory or emotional sensation while bilateral stimulation occurs via TheraTapper, lightbar, or hand movements. As the movement simulates the Rapid Eye Movement we experience during sleep, painful memories are triggered, processed, and eventually reprogrammed without the painful, negative sensations blocking the mind's ability to self-heal the emotional turmoil. Although these sensations can be powerful and intense, they are not uncomfortable and require only minimal verbal communication between counselor and client.

