

WHAT IS EMDR?

Eye Movement Desensitization and Reprocessing therapy, or EMDR, is a powerful new psychotherapy approach which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, posttraumatic stress, grief, depression and many other emotional problems. Until recently, these conditions were difficult and time-consuming to treat. EMDR is considered a breakthrough therapy because of its simplicity and the fact that it can bring quick and lasting relief for most types of emotional distress.

EMDR is the most effective and rapid method for healing PTSD (Post-Traumatic Stress Disorder) as shown by extensive scientific research studies.

EMDR therapy uses bilateral stimulation, right/left eye movement, or tactile stimulation, which repeatedly activates the opposite sides of the brain, releasing emotional experiences that are "trapped" in the nervous system. This assists the neurophysiological system, the basis of the mind/body connection, to free itself of blockages and reconnect itself.

As troubling images and feelings are processed by the brain, via the eye-movement patterns of EMDR, resolution of the issues and a more peaceful state are achieved.

EMDR THERAPY

...your journey toward healing

STONEHAVEN

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HOW DOES IT WORK?

The EMDR trained therapist works with the client and asks him/her to revisit the traumatic moment or incident, recalling feeling surrounding the experience, as well as any negative thoughts, feelings and memories. The therapist then holds their fingers about 12-18 inches from the client's face and begins to move them back and forth activating the REM (rapid eye movement) cycle/function of the brain. The client tracks the movement as if watching ping pong. The more intensely the client focuses on the memory, the easier it becomes for the memory to come to life. As quick and vibrant images arise during the therapy session, they are processed by the eye movements, resulting in painful feelings being exchanged for more peaceful, loving, and resolved feelings.

WHAT PROBLEMS ARE HELPED WITH EMDR?

The studies to date show a high degree of effectiveness with the following conditions:

Loss of a loved one	Trauma
Injury of a loved one	Depression
Car accident	Anxiety or Panic
Fire	Phobias
Work accident	Fears
Assault	Childhood trauma
Robbery	Physical abuse
Rape	Sexual abuse
Natural disaster	Post-Traumatic Stress
Injury	Bad temper
Illness	Overwhelming feelings
Witness to violence	Panic attacks
Childhood abuse	Low self-esteem
Victims of violent crimes	Relationship problems
Performance and test anxiety	Brooding or worrying
	Trouble sleeping

Although a fairly new therapeutic technique, EMDR is meeting with much success all across the country. EMDR is a natural process. The client and the therapist become partners on a journey to help move traumatic and blocked energy. Together they work to transcend and free up energy, so the client can return to their natural grounded state of being. The goal of this work is to help the client heal, so they can return to their life in peace.

HOW DO I KNOW IF EMDR IS RIGHT FOR ME?

There are a number of factors to consider when evaluating the appropriateness of EMDR therapy for a client's particular situation and history. During your initial consultation with a trained EMDR therapist, all of the relevant factors will be discussed in full to help you both come to a decision to move forward with EMDR therapy.

EMDR therapy is most effective when used in combination with other traditional methods of therapy in treating these and other emotional disorders. It can help clients replace their anxiety and fear with positive images, emotions and thoughts.

WHAT ARE THE SYMPTOMS THAT CAN BE HELPED BY EMDR THERAPY?

High anxiety and lack of motivation -
Depression - Memories of a traumatic experience - Fear or being alone - Unrealistic feelings of guilt and shame - Difficulty trusting others - Relationship problems

WHAT IS THE HISTORY OF EMDR THERAPY?

Since the initial medical study in 1989, positive therapeutic results with EMDR have been reported with the following populations:

- People who have witnessed or have been a victim to a disaster (rape, accidents, earthquakes, fires, murder, gang related violence)
- Clients suffering from PTSD (Post-Traumatic Stress Disorder)
- Sufferers of panic disorders and anxiety attacks
- Chemically dependent clients
- Persons exposed to excess loss (loss by death, divorce loss of a house by fire, etc.)
- Crime victims and police officers who were once overcome with violent memories
- Accident or burn victims

