

Getting the most from EMDR

A powerful, evidence-based treatment for trauma and difficult life experiences.



Why EMDR?

Sometimes, memories (images, sounds, smells and body sensations) don't fade, they stay raw and replay as if they're happening now

EMDR helps your brain file these experiences properly, so they lose their emotional charge.

What to Expect

- You'll start with stabilisation: learning calming and grounding techniques.
- You and your therapist agree what to target and when.
- Processing may bring up emotion – that's part of healing.



Assessment → Preparation → Reprocessing → Integration → Review

How EMDR Works

Reprocessing happens when you recall a memory while using bilateral stimulation – left-right eye movements, sounds, or taps that help the brain process and integrate the memory.



Right-Left Activation

EMDR activates both sides of the brain, similar to how dreams help us process the day.



Unsticking Memories

It helps “unstuck” memories stored in the brain's threat system.



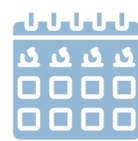
Updating Beliefs

New, balanced information gets added – “I'm safe now” replaces “I'm in danger.”

Therapy Length



EMDR sessions usually last 50–90 mins. Choose 90-minute sessions for deeper processing.



Weekly sessions are most effective, though spacing may vary as therapy progresses.



Change can occur in 12 sessions, though it may take longer, with multiple traumas.

Helpful Tips

Before you begin
Create a Calm Space

During your Session
Give yourself full focus

After Your Session
Rest and Reflect