

What is EMDR?

“EMDR” is the acronym for Eye Movement Desensitization and Reprocessing

A Simple Explanation of EMDR

EMDR stands for Eye Movement Desensitization and Reprocessing Therapy. It is an entire therapy model that has been proven to be highly effective for those who have experienced trauma.

EMDR therapy is founded on the basis that our emotional well-being is interwoven with our physical (somatic) state. Therefore, EMDR employs a body-based technique called bilateral stimulation during which a therapist will guide a client through eye movements, tones, or taps in order to move a memory that has been incorrectly stored to a more functional part of the brain.

During trauma our brain processes and stores memories

incorrectly. This incorrect storage can lead to past memories feeling very present. Related or unrelated stimuli in the present can lead to clients reacting as they did at the time of trauma. The brain feels if the past disturbing event is happening currently.

EMDR therapy corrects this mis-storage so that the painful memories associated with the trauma lose their charge. The client can react to stimuli in the present without the past interfering.