

WHAT IS EMDR?

(Eye Movement Desensitization & Reprocessing)

EMDR

(Eye Movement Desensitization & Reprocessing), as with most therapy approaches, focuses on the individual's present concerns. The EMDR approach believes past emotionally-charged experiences are overly influencing your present emotions, sensations, and thoughts about yourself. As an example: "Do you ever feel *worthless* although you *know* you are a worthwhile person



EMDR processing helps you break through the emotional blocks that are keeping you from living an adaptive, emotionally healthy life.

EMDR uses rapid sets of eye movement to help you update disturbing experiences, much like that occurs when we sleep. During sleep, we alternate between regular sleep and REM (Rapid Eye Movement). This sleep pattern helps you process things that are troubling you.

EMDR replicates this sleep pattern by alternating between sets of eye movements and brief reports about what you are noticing. This alternating process helps you update your memories to a healthier present perspective.

WHAT MAKES EMDR DIFFERENT?



EMDR focuses on the brain's ability to constantly learn, taking past experiences, and updating them with present information.

- Adaptive learning is constantly updating memory network systems
- Past emotionally-charged experiences often interfere with your updating process.
- EMDR breaks through that interference and helps let go of the past and update your experience to a healthier present perspective.

EMDR uses a set of procedures to organize your negative and positive feelings, emotions, and thoughts, then uses bilateral stimulation, such as eye movements or alternating tapping, as the way to help you effectively work through those disturbing memories.



COMMON QUESTIONS

Is it necessary to tell my therapist all the details about my problems in order for them to be processed?

- No, it is not!

Will I get emotional?

- Yes, you may. Emotions & sensations may come up during processing; although, you will be prepared & your therapist will help you safely manage them. Once they are processed, they rarely come back!

Is EMDR like hypnosis?

- No. During EMDR processing, you are present & fully in control.

Is EMDR a brief treatment?

- EMDR, as with all treatment approaches, will help you accomplish your treatment goals
- The length of time that it takes is dependent upon the complexity of your problem.
- Frequently, EMDR is only one of several treatment approaches that will be used to help you reach your treatment goals.

