



Eye
Movement
Desensitization &
Reprocessing

What is EMDR and How Can it Help You?

EMDR (Eye Movement Desensitisation and Reprocessing) focuses on the your present concerns. Its approach considers your past experiences are being activated by your current or future anticipated experiences. EMDR's focus is on your brain's ability to constantly learn, taking your past experiences and updating them with your present situation – this is referred to as *adaptive information processing*, which means that new learning is continually updating memory network systems (reconsolidation). EMDR focuses on your inability to update past experiences with new information. EMDR uses an 8-phased protocol, using your brain's adaptive information processing system to naturally move toward improved mental health.



EMDR therapy enables people to heal from the symptoms and emotional distress that arise from experiencing critical incidents and disturbing life experiences. In their guidelines for managing conditions specifically related to stress, EMDR is one of the recommended psychotherapies for children, adolescents, and adults with PTSD (WHO, 2013).

What is EMDR Treatment Like?

EMDR is no different to other therapies in that it targets those things that are concerning you. However, it's approach utilises a phased based treatment focusing on accessing and activating the negative experience (note: full disclosure of the experience is not necessary for the experience to be successfully targeted). A desired adaptive resolution is identified which determines what your past experience will be updated to in the present. Sets of bilateral stimulation is applied to the targeted experience – these can take the form of rapid eye movements, tapping, or alternating sound; you are encouraged to observe your brain working through the experience. Metaphorically, it is like sitting on a train and observing the scenery come and go as you observe images, thoughts, feelings, memories that are activated. EMDR processing continues until the past experience has been updated to a present adaptive perspective. The number of sessions can depend on how long standing the issues have been present in your life. Following the successful processing of your experiences, we work together to integrate the adaptive insights or perspectives into your daily life.

Where Can I Learn More About EMDR?

- EMDRAA Website has a page of resources, including videos, of how EMDR works.
<https://emdraa.org/emdr-resources/>
- EMDRAA Website with frequently asked questions.
<https://emdraa.org/emdr-faq/>
- A short video describing what EMDR is and how it works.
<https://www.youtube.com/watch?v=JNN1IQ-AHoo>

If you would like more information, then please contact me with the questions you have.