

# Eye Movement Desensitisation and Reprocessing (EMDR) Therapy.

EMDR uses bilateral stimulation, such as eye movements, taps, or sounds, to help individuals process distressing memories and experiences. Unlike hypnosis, which involves altering consciousness, EMDR keeps a client fully aware and engaged while working through their trauma.

## Who is suitable for EMDR?

EMDR is suitable for individuals who have experienced distressing or traumatic events that continue to impact their lives.

There is strong evidence supporting EMDR as an effective treatment for both Post-Traumatic Stress Disorder and Complex PTSD, demonstrating its ability to address both single and complex traumatic experiences.

EMDR is also effective for other psychological issues, such as:

- Anxiety
- Depression
- Phobias
- Relationship issues
- Academic or work stress
- Grief and loss
- Medical trauma

## How many sessions are needed?

The number of sessions required varies based on individual circumstances and the complexity of the issues being addressed. For those who have experienced ongoing trauma and attachment issues throughout their life, EMDR may involve a longer and more carefully paced process.

## Is EMDR a 'quick fix'?

EMDR is a structured therapy that respects pace and processing abilities. Some may experience significant relief relatively quickly, however the process is personalised. The goal is to work within a client's specific 'window of tolerance', which is the range of emotional intensity you can manage without becoming overwhelmed or shutdown.

## What is the process in a session of EMDR?

Before EMDR begins, a psychometric assessment may be used as a screener tool to determine appropriateness, track progress and provide insights into emotional state pre and post treatment.

The process of EMDR involves eight phases that may occur in single or multiple sessions.

Following an EMDR session, tiredness, heightened emotional reactions, or vivid dreams may be experienced. These responses are normal as the brain continues to integrate the processed material.

## Conclusion

EMDR therapy offers a structured, evidence-based approach to healing from distressing experiences. Whether clients are dealing with PTSD, anxiety, depression, or other challenges, EMDR can help clients to process and integrate difficult memories, promoting emotional resilience and wellbeing.