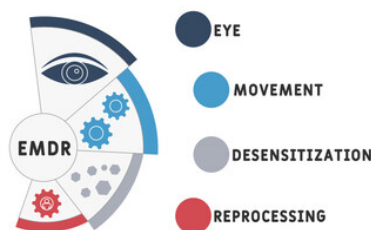


What is EMDR?

EMDR stands for **Eye – Movement - Desensitisation & Reprocessing**.

It is a therapy used to help people recover from distressing events and the problems they have caused, like flashbacks, upsetting thoughts or images, depression, or anxiety.

It is best known for treating PTSD and it can also help with a range of MH conditions in people of all ages.



<https://stock.adobe.com/uk/>

EMDR works with trauma

Naturally your body routinely manages new information and experiences without you being aware of it.

However, when you have experienced a traumatic event, or you have been repeatedly subjected to distress (e.g., childhood neglect) your natural coping mechanism can become overloaded.

The memory of the event seems to become “stuck” so that it remains very intense and vivid. The person can re-experience what they saw, heard, and smelt and the full force of the distress they felt whenever the memory comes to mind.



Dickcraft via Getty Images

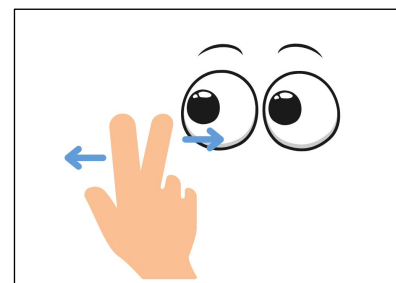
EMDR aims to help the brain “unstuck” and **reprocess** the memory so that it is no longer so intense. It also helps to **desensitise** the person to the emotional impact of the memory, so that they can think about the event without experiencing such strong feelings.

How does EMDR work?

EMDR uses the natural healing ability of the body. After a thorough assessment, the person is asked to recall a disturbing memory while they are guided to make sets of eye movements from side-to-side, similar to those during REM sleep. Sometimes, a bar of moving lights, headphones, tapping on each hand alternately is used instead.

The person is asked to report on the experiences they had during each of the eye movement sets. These experiences may include changes in thoughts, images, and feelings.

With repeated sets of eye movements, the memory tends to change in such a way that it loses its painful intensity and becomes a neutral memory of an event in the past. Other associated memories may also heal at the same time.



<https://www.jrpsych.com.au/what-is-emdr-how-does-emdr-work-eye-movement-desensitisation-and-reprocessing-emdr-therapy/>

What can EMDR be used for?

In addition, for treating PTSD. It can be used to treat:

- anxiety and panic attacks
- depression
- stress
- phobias
- sleep problems
- complicated grief
- addictions
- pain relief
- self-esteem

How long does treatment take?

EMDR can be a brief focused treatment or part of a longer psychotherapy programme. EMDR sessions can be from 60 to 90 minutes.

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Sonia Barrachina using the following
resources:
www.getselfhelp.co.uk
<https://emdrassociation.org.uk>

Will I remain in control and empowered?

You will remain in control, fully alert and wide-awake. EMDR is not a form of hypnosis, and you can stop the process at any time. Throughout the session, the therapist will support and facilitate your own self-healing and intervene as little as possible.

Most people experience EMDR as being a natural and very empowering therapy.