

# EMDR

## Eye Movement Desensitization and Reprocessing therapy

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### What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is an integrative psychotherapy technique that has been extensively researched and proven effective for the treatment of psychological trauma and the physical symptoms that can ensue. Based on the natural healing processes that occur during REM sleep (rapid eye movement or dream-sleep), EMDR has been used to successfully treat Post-Traumatic Stress Disorder (PTSD) and a wide range of other physical and mental health problems.

EMDR is a scientific eight step process revolving around a three pronged approach to treatment (1-past memories, 2-present disturbances, 3-future actions). Without going into details about past traumas, these three aspects are re-processed and stored in a more healthy way in the brain. The goal of EMDR therapy is to process completely the experiences that are causing problems, and to include new ones that are needed for restored health.

### What is processing?

"Processing" does not mean talking about your problems or trauma. "Processing" means setting up a learning state that will allow disturbing experiences to be re-assimilated and stored appropriately in your brain as a more neutral memory. That means that what is *useful* to you from an experience will be learned and stored with appropriate emotions in your brain, and thus be able to guide you in positive ways in the future. The inappropriate emotions, beliefs, and body sensations will be discarded. The goal of EMDR therapy is to leave you with the emotions and perspectives that will lead to healthy and useful behaviors.

### What can EMDR help with?

Along with extensive studies for the treatment of PTSD, EMDR has also shown clinical efficacy for:

- Panic attacks
- Complicated grief
- Dissociative disorders
- Disturbing memories
- Phobias
- Pain disorders/ chronic pain
- Performance anxiety
- Stress reduction
- Addictions
- Sexual and/or Physical abuse
- Body dysmorphic disorders
- Personality Disorders
- Sleep disorders

**What should I expect during treatment?**

You will have an initial intake of 60-90 minutes for new patients. In this session, we will discuss your concerns and develop a treatment plan. During the Preparatory Session (usually another visit), the clinician will explain the theory of EMDR, how it is done, and what to expect during and after treatment. You will also learn a variety of relaxation techniques for calming yourself in the face of any emotional disturbance that may arise during or after a session. Learning these tools is an important aid for anyone. The happiest people on the planet have ways of relaxing themselves and decompressing from life's inevitable, and often unsuspected, stress. One goal of EMDR therapy is to make sure that the client can take care of himself.

During treatment sessions, various feelings, thoughts, memories, and sensations may come up to the surface. They are all connected in the brain's network so we don't need to analyze or judge them. Just be aware of them. We will process them with a very brief dialogue and move on, ensuring we end each visit in a place that feels comfortable for you. You may stop at any time during a treatment or between treatments. Remember, you will have calming techniques to help you move through any difficult processes.

**How long does treatment take?**

A typical EMDR session lasts from 60 to 90 minutes. The type of problem, life circumstances, and the amount of previous trauma will determine how many treatment sessions are necessary. After the initial intake and planning session(s), reprocessing is generally accomplished within 3 sessions for single traumas or up to twelve for more intense and complicated situations. You may also continue on with other issues that, while not traumatic, may still be bothering you in your daily life. EMDR may be used within a standard naturopathic treatment plan, as an adjunctive therapy to other treatments, or as a treatment all by itself.

Source: <https://emdria.site-ym.com>