



EMDR

Eye Movement Desensitization and Reprocessing

How does EMDR work?

No one knows exactly how any form of psychotherapy works from a neurobiological perspective. However, what is known is that when a person is very upset, their brain cannot process information as it does ordinarily.

A traumatic moment can become “frozen in time,” and remembering a trauma may feel as bad as going through it the first time because the images, sounds and feelings haven’t changed. Such memories have a lasting negative effect that can interfere with the way a person sees the world and the way they relate to others.



EMDR seems to have a direct effect on the way that the brain processes information. Normal information processing is resumed, so following a successful EMDR session, a person no longer relives the images, sounds, and feelings when the event is brought to mind. You still remember what happened, but it is less upsetting. Many types of therapy have similar goals. However, EMDR appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep. Therefore, EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way.

What problems can EMDR help with?

Scientific research has found EMDR to be a powerfully effective treatment for post-traumatic stress disorder (PTSD). However, practitioners have reported wide-ranging success using EMDR therapy for the treatment of the following conditions:

- * eating disorders
- * panic attacks
- * anxiety

- * addictions
- * disturbing memories
- * sexual and/or physical abuse
- * phobias
- * body dysmorphic disorders
- * pain disorders

World Health Organisation:

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful method of psychotherapy that has helped an estimated two million people of all ages relieve many types of psychological distress, including PTSD.

How long does it take?

An EMDR practitioner will start with a session to understand the nature of the problem. The practitioner will also discuss EMDR in detail, and provide an opportunity to answer questions about the treatment. Following this initial session, a typical EMDR session lasts from 45 to 60 minutes. The type of problem and the amount of previous trauma will determine how many treatment sessions are necessary.

You remain in control

During EMDR treatment, you will remain in control, fully alert and wide-awake. This is not a form of hypnosis and you can stop the process at any time, for any reason. Throughout the session, the practitioner will support and facilitate your own self-healing and intervene as little as possible. Reprocessing is usually experienced as something that happens spontaneously, and new connections and insights are felt to arise quite naturally from within. As a result, most people experience EMDR as being a natural and very empowering therapy.

Contact us for more information or to book an appointment with an EMDR practitioner

1300 132 098

CLS, PO Box 1104, Devonport, Tasmania 7310

ABN: 70 132 269 974

1300 132 098

para@parakaleo.org.au

www.chooseliveservices.org.au