

# EMDR THERAPY

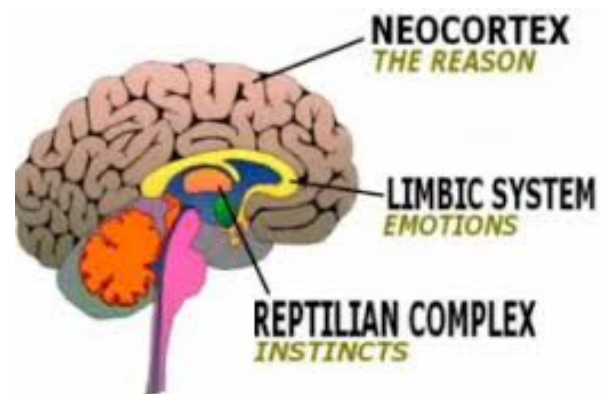
Eye Movement Desensitisation and Reprocessing (EMDR) is an extensively researched, evidenced-based approach that is proven to help people recover from trauma, PTSD, anxiety, depression, OCD, chronic pain, addictions, and other distressing life experiences.

## What is the process?

Using bilateral stimulation, typically eye movements, clients will learn to *1) desensitise from unwanted emotions and feelings associated with a targeted memory* and *2) form more adaptive beliefs from the experience.*

## How does EMDR work with the brain?

Trauma disrupts the brain's ability to move information up to the Neocortex where it can be processed by a higher level of thinking. In EMDR, memories are transitioned from being stuck in the Limbic System in their raw, original form to the Neocortex. While the 'emotional' Limbic System sees things as black and white, as safe or unsafe, the 'rational' Neocortex can see things in grey and is able to process traumatic memories with logical thinking and future predictions.



# THE EIGHT PHASES OF EMDR



## 1. HISTORY

Gather information about clients' history, including traumatic or distressing experiences, current symptoms and relevant background information



## 2. PREPARATION

Provide education about EMDR therapy. Teach clients' coping skills to manage any emotional distress and develop a sense of safety and stability



## ASSESSMENT

Identify specific target memories to be processed during the therapy. Clients' recall the target memory and the associated negative beliefs, emotions, and physical sensations



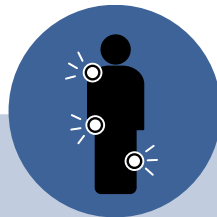
## DESENSITISATION

Processing of the target memory using bilateral stimulation to desensitise negative emotions and distress associated with the memory, allowing for adaptive processing



## INSTALLATION

Strengthen positive beliefs or insights that emerge during the desensitisation phase, allowing clients' to experience a sense of resolution and empowerment



## BODY SCAN

Use body scan to identify residual physical tension or sensations related to the target memory. Bilateral stimulation is used again to release any remaining distress




## CLOSURE

At the end of each session, the therapist ensures clients' are in a stable, grounded state. Provide coping strategies so clients' can manage until the next session




## RE-EVALUATION

Review progress, identify new targets for processing, and continue to work through unresolved issues until symptoms are alleviated and the treatment goals achieved

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