

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

WHAT IS EMDR?

EMDR is an extensively researched therapy technique which has been very successful in bringing quick and lasting relief for a variety of symptoms and issues. Using specific eye movements, sounds or pulsations, **EMDR helps you experience things in new and less distressing ways.**

Repeated studies show that EMDR has been effective in treating people with:

- anxiety
- depression
- insomnia
- panic attacks
- addictions
- history of emotional, physical or sexual abuse
- mood swings
- performance anxiety
- phobias
- traumatic or disturbing memories
- posttraumatic stress disorder (PTSD)

EMDR involves attention to three time periods: the past, present, and future. Focus is given to past disturbing memories and related events and to current situations that cause distress. Attention also is given to developing the skills and attitudes needed for positive choices in the future.

While this may feel scary or overwhelming, a very important aspect of EMDR is assisting you in developing a lot of great coping strategies and self-soothing techniques which you can use during EMDR or anytime you feel the need. You learn how to access a "Safe or Calm Place" which you can use at ANY TIME.

The goal of EMDR therapy is to provide you with the emotions, understanding, and perspectives that will lead to healthy and useful behaviors and interactions.

THE BENEFITS OF EMDR?

EMDR is a drug-free approach that relies on the *brain's natural healing abilities*. It engages your brain's natural, rapid mechanism to process, digest, and change information that is stored in your brain networks.

In many instances, EMDR generates insight, resolves problems and increases feelings of well-being much faster than traditional talk therapy.

RESOURCES

Please contact our clinic to discuss your individualized EMDR treatment plan or to make an appointment. Or, to learn more about EMDR and locate a practitioner in your area, you can visit:

- EMDR Institute, Inc. – www.emdr.com
- EMDR International Association – www.emdria.org