



EMDR: Eye Movement Desensitization and Reprocessing

WHAT IS IT?

Eye Movement Desensitization and Reprocessing (EMDR) is a type of therapy that was developed to help people heal from disturbing life events. These events may involve anything from a car accident, to being bullied at school, to abuse or violence in your family. Experiencing and remembering these events can affect a person's mood, relationships, confidence, and self worth. While many people have developed general coping skills for many of life's stressors, sometimes these are not enough when an event is chronic, sudden or more intense than ever imagined. In these times, the memory can become frozen in the brain and in the body. Remembering these disturbing events may feel as intense as the first time it was experienced. These memories can have a negative effect and interfere with the way a person sees the world and the manner in which they relate to it.

HOW DOES IT WORK?

The focus of EMDR is on reprocessing and healing the traumatic memories. Using standard interventions, the client is asked to recall those visual and physiological memories while the clinician is stimulating the brain using directional movement of the eyes or other dual attention of the brain. Like any healing process, this can be intense for the client as the brain is working to more effectively reprocess the information and heal. Clients can be assured, however, that their clinician will work closely with them throughout the process. Studies have consistently shown EMDR to effectively decrease and/or eliminate symptoms of Post Traumatic Stress Disorder, anxiety, depression, panic attacks, grief, dissociative disorders, pain disorders, eating disorders, stress, addiction, sexual/physical abuse and personality disorders.

THINGS TO CONSIDER

The number of sessions needed is determined by the extent of the trauma and the age of the client. Young children have less memory to work with and therefore, EMDR typically goes faster. EMDR can resolve single incident traumas in a shorter amount of time as well. Due to the intensity of EMDR therapy and the issues being addressed, clients will be provided with consistent, weekly appointments until they feel stabilized and/or the disturbing memories are resolved. With EMDR, the client's brain is doing all the work to heal itself, with the support and guidance of your therapist.

WHERE TO GO

At FCS Counseling, we believe that trauma symptoms do not have to be carried in life any longer than necessary. We have several therapists, trained by EMDR International Association approved providers, ready to help you on your healing journey. Make an appointment today with one of our other qualified clinicians 800.593.1950