

Eye Movement  
Desensitizing  
and  
Reprocessing  
EMDR  
Therapy



As You Are  
Therapies

**Start Here!**

## Upsetting Event

An unpleasant, traumatic or distressing event occurs.

## Stuck memory

The memory becomes 'stuck' due to the brain's fight, flight, freeze or fawn response

## Negative core belief

The 'stuck memory creates or reinforces a negative core belief such as 'I am not safe'

## Memory trigger

Now, if something reminds you of the unpleasant event or of the negative core belief, the sensations aren't as powerful

## EMDR therapy

Helps you to understand how trauma memories are formed, what negative core beliefs have been learned and assist, through bilateral stimulation, to reduce the impact of the thoughts, feelings and sensations the memory triggers

## Memory trigger

Something happens that reminds you of the event, of the negative core belief, and the feeling you had when the event first happened

**No therapy?**

Stay here!

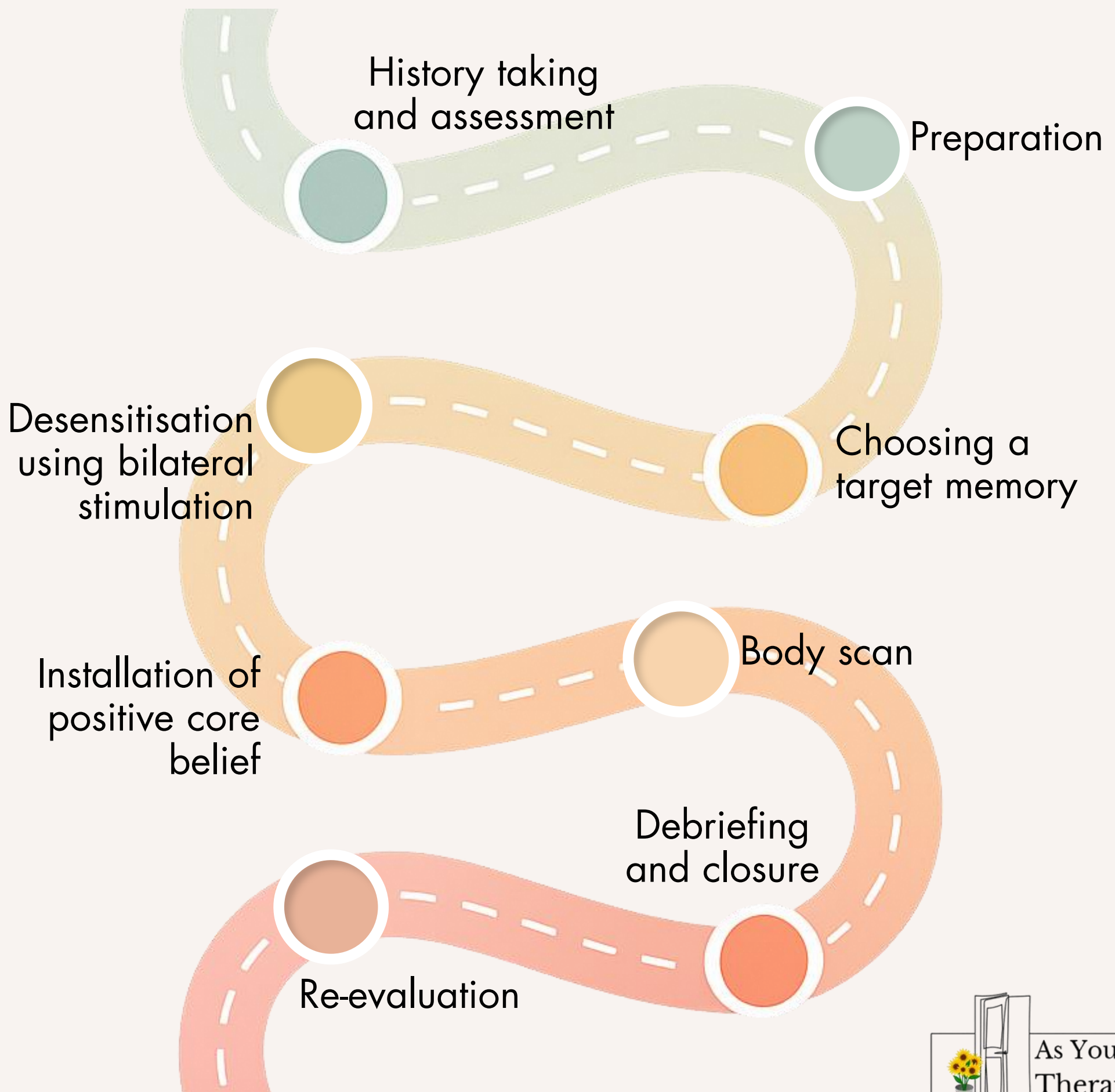
*EMDR  
and the brain*



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# EYE MOVEMENT DESENSITIZATION REPROCESSING (EMDR) THERAPY

## The 8 phases



# FACT CHECK TIME!

## MYTH

✗ EMDR IS A QUICK FIX

✗ EMDR IS A FORM OF HYPNOSIS

✗ EMDR ERASES MEMORIES AND/OR CREATES FALSE MEMORIES

✗ EMDR IS ONLY ABOUT EYE MOVEMENTS

✗ EMDR IS ONLY FOR SEVERE PTSD

## REALITY

✓ EMDR TYPICALLY REQUIRES MULTIPLE SESSIONS TO EXPLORE AND PROCESS MEMORIES

✓ YOU ARE FULLY CONSCIOUS AND ENGAGED DURING PROCESSING SESSIONS

✓ EMDR SEEKS TO REDUCE THE DISTRESS ASSOCIATED WITH MEMORIES, NOT TO ERASE OR CHANGE THEM IN ANY WAY

✓ BILATERAL STIMULATION, SUCH AS EYE MOVEMENTS AND TAPPING ARE USED TO ASSIST IN DESENSITISATION BUT IS ONLY ONE PHASE OF THE 8 PHASES OF EMDR

✓ EMDR IS SCIENTIFICALLY PROVEN TO ASSIST WITH PTSD, ANXIETY, PHOBIAS. DEPRESSION, PANIC ATTACKS AND GRIEF



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