

Eye Movement
Desensitizing
and
Reprocessing

(EMDR)

Therapy



As You Are
Therapies

Start Here!

EMDR and the brain

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

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

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

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'

No therapy?

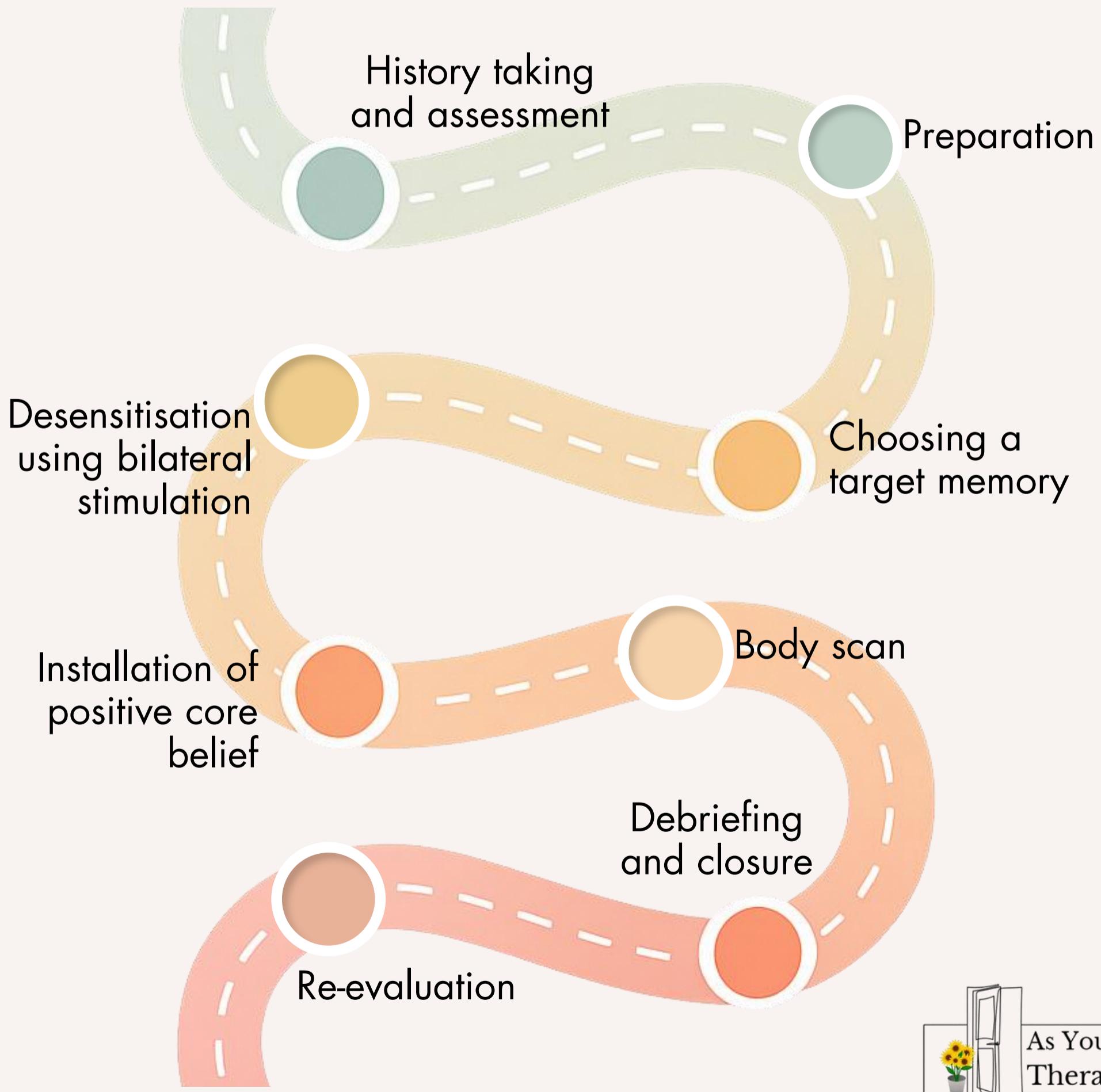
Stay here!



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EYE MOVEMENT DESENSITIZATION REPROCESSING (EMDR) THERAPY

The 8 phases



As You Are
Therapies

FACT CHECK TIME!

MYTH

REALITY

✗ EMDR IS A QUICK FIX

✓ EMDR TYPICALLY REQUIRES MULTIPLE SESSIONS TO EXPLORE AND PROCESS MEMORIES

✗ EMDR IS A FORM OF HYPNOSIS

✓ YOU ARE FULLY CONSCIOUS AND ENGAGED DURING PROCESSING SESSIONS

✗ EMDR ERASES MEMORIES AND/OR CREATES FALSE MEMORIES

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

✗ EMDR IS ONLY ABOUT EYE MOVEMENTS

✓ 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 ONLY FOR SEVERE PTSD

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



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