

# EMDR

(Eye Movement Desensitisation Reprocessing)

## Working with Trauma

# EASA

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### What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based approach that has been extensively researched and proven effective for the treatment of trauma. Unlike most forms of talk therapy, EMDR focuses less on the traumatic event itself and more on the disturbing emotions and symptoms that result from the event. Symptoms such as flashbacks, fears, panic, sadness and sleep problems can be diminished through EMDR therapy. Therapy results in losing the emotional charge related to the trauma and increases adaptive thoughts and feelings such as worthiness and empowerment. It is considered one of the gold standard treatments for PTSD and trauma as recommended by the World Health Organisation (2013) for children, adolescents and adults.

### Who is EMDR appropriate for?

EMDR therapy is helpful for people of all ages and is used to address adverse life experiences that contribute to problems in daily living. Research has found it is effective in the treatment of:

- Post-Traumatic Stress Disorder (PTSD)
- Generalised Anxiety Disorder (GAD)
- Depression
- Panic disorder
- Grief
- Addiction

### What to expect in a session?

Sessions are usually 60 – 80 minutes and factors such as type of problem, previous trauma and life circumstances will determine how many sessions may be required. During sessions the therapist works with you to identify a specific problem or memory that becomes the focus for the treatment.

Treatment includes using motion techniques used by the therapist to guide the client's eye movements from side to side, similar to watching a pendulum swing. Alternatively the use of hearing or sensory tools might be applied if the client experiences visual issues. Clients develop skills to self-regulate and self soothe, to be able to gain emotional resilience.

Please consult your EMDR clinician for further information.

### Additional resources:

[www.emdraa.org](http://www.emdraa.org)

Shapiro, F (2012) Getting past your past; take control of your life with self-help techniques from EMDR therapy. New York: Rodale Press.

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