

WHAT IS IT AND HOW DOES IT WORK?

Eye Movement Desensitization and Reprocessing (EMDR) accesses the natural brain mechanism for processing experiences.

When you've had a very upsetting experience, at times your brain does not process information as it does ordinarily. One moment can become "frozen in time," and remembering it may feel as bad as if you are again. These memories have a lasting negative effect on how you see the world and how you relate to others. This therapy method focuses on desensitizing and reprocessing problematic events or memories.

As a child, there are many times when seemingly ordinary events ("little trauma") can have the same damaging effects as a catastrophic ("big T") trauma. This results in negative beliefs about themselves and the world. They then, in adulthood, often are blocked from successful relationships, useful coping skills, and healthy self esteem.

With EMDR therapy, change occurs physically as well as mentally and emotionally. This adaptive result makes it possible to learn how to manage those hurtful, unforgettable memories and experiences that seem impossible to get over.

During a session you will call to mind a disturbing experience. Typically you will remember what you saw, felt, heard, etc., and what you currently believe about that event and yourself.

I will use guided left/right eye movements and/or alternating audio or tactile cues while you "just notice" and report what comes to mind. Each person processes information uniquely based on personal experiences and values. EMDR is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories.

You may, or may not, experience intense emotions during the reprocessing of the memory. Typically clients report a great resolution in how disturbing the memory feels at the end of the session.

The goal is information processing, new learning, elimination of emotional distress, and development of cognitive insights.

An assessment will determine if EMDR is the best course of treatment for you.