

EMDR THERAPY

EYE MOVEMENT DESENSITIZATION & REPROCESSING

What is EMDR?

Eye Movement Desensitization and Reprocessing, or EMDR, is a powerful psychotherapy technique which has been very successful in helping people who suffer from many types of psychological distress. EMDR was developed to resolve symptoms from disturbing and unresolved life experiences. It uses a structured approach to address past, present and future aspects of disturbing memories. EMDR has a direct effect on the way that the brain processes information. EMDR therapy uses bilateral stimulation, right/left eye movement, or tactile stimulation, which repeatedly activates the opposite sides of the brain causing the release of emotional experiences that are “trapped” in the nervous system. As troubling images and feelings are processed by the brain via bilateral stimulation, resolution of the issues and a reduction in the level of disturbance are achieved. EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way. EMDR can bring quick and lasting relief for most types of emotional distress.

What Is the Actual EMDR Session Like?

During EMDR, the therapist asks the client to revisit the disturbing event. The client recalls a visual image of the event, body sensations, emotions, thoughts and negative beliefs that are currently being held about the event. The therapist uses bilateral stimulation, while the client focuses on the disturbing material. Each person processes information uniquely, based on personal experiences, values, and level of defense mechanisms. The bilateral stimulation is continued until the memory becomes less disturbing and the distorted negative belief can be replaced with positive thoughts and beliefs. During EMDR, the client may experience intense emotions, however the session is always concluded with client in a relaxed state.

What Problems Are Helped By EMDR?

Scientific research has established EMDR as an effective and rapid method for healing Post Traumatic Stress Disorder. Studies to date show a high degree of success using EMDR in treatment of the following conditions:

Performance & Test Anxiety	Trauma	Accident Victims	Chronic Pain
Personality Disorders	Addictions	Victims of Crime	Panic Attacks
Complicated Grief	Phobias	Combat Experiences	Sexual Abuse
Body Dysmorphic Disorder	Depression	Disturbing Memories	Fears
Dissociative Disorders	Anger	Eating Disorders	Nightmares
Somatoform Disorders	Sports	Physical Abuse	Injuries

Is EMDR Right For You?

During the initial assessment process all the relevant factors will be discussed to evaluate the appropriateness of EMDR Therapy. Both the client and therapist come to an agreement to proceed with the EMDR. A typical EMDR session will last approximately 60 minutes. The type of problem, life circumstances, and the amount of previous trauma will determine how many treatment sessions are necessary. Call today to schedule your appointment with **Laura Hillesheim, MHR, LPC, SAC** or **Rosemary Knapp, MSE, LPC**.

THE HELP YOU NEED IS HERE