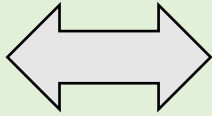
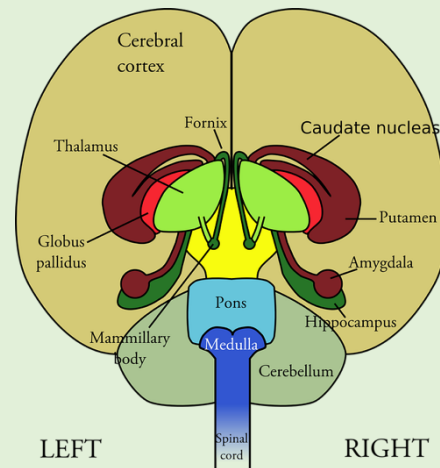


What is EMDR?



EMDR: Eye Movement Desensitization and Reprocessing (EMDR) is a treatment in mental health counseling whereby the client focuses on both a traumatic memory and bi-lateral stimuli. This right/left attention has been found to lessen the intensity of the traumatic memories as the brain processes these images, moving them to the working memory regions of the brain utilizing the brains own propensity to heal itself.

THE BRAIN: The Midbrain (amygdala, hippocampus, etc.), which is located in both the right and left hemispheres, is responsible for receiving and processing information. Often with traumatic events, much of this information can remain unprocessed for years. With most events in life, any information is process through a process whereby the bodily sensations, emotions, beliefs, and memories are assigned to specific regions of the brain for working storage. (cerebral cortex)



TRAUMA: This is not the case with trauma. Often these memories can become entangled in a sort of knot that remains in the midbrain, preventing this processing from occurring. These memories can become associated with responses such as fight, flight, freeze, or fawn. Often this can be confusing to the client and those in his or her life. EMDR has been shown to help the client resolve these reactions and bodily sensations by engaging these traumatic memories while simultaneously engaging the right and left hemispheres of the brain.

APPLICATION: EMDR has been shown to help with a number of challenges, including: anxiety, panic attacks, phobias, depression, grief, pain, post-traumatic stress disorder (PTSD), trauma (physical, emotional, psychological, sexual, etc.), addictions, sleep disturbances, and more.

References

EMDR International Association, Inc. (2023). About EMDR therapy. Retrieved on 4/17/23 from: <https://www.emdria.org/about-emdr-therapy/>