

Eye Movement Desensitisation and Reprocessing (EMDR)

What is EMDR?

EMDR is an evidence-based therapy designed to help with psychological difficulties which often arise when distressing life experiences are not stored in memory properly, and so become unprocessed or blocked. This is due to how, when a person is involved in traumatic events, they may feel overwhelmed, which prevents the brain from processing the memory. EMDR helps these memories to be processed properly, and so reducing their intensity.

Who is it for?

EMDR is suitable for adults of all ages, young people and children, and is best known for being extremely effective in treating post-traumatic stress disorder (PTSD). It is widely used in a variety of sectors for this, such as the NHS and charitable organisations, and the Ministry of Defence use EMDR to support service personnel suffering from PTSD.

EMDR can be very useful to help people who have witnessed or experienced a traumatic event, and also to help treat mental health difficulties like depression or anxiety, especially when a distressing event is involved.

What are the aims of EMDR?

EMDR aims to help unprocessed or blocked memories of traumatic experiences be reprocessed more like an ordinary memory, and so decreasing their intensity.

For further information on EMDR, please
visit the EMDR UK website:
www.emdrassociation.org.uk

What is involved?

The clinician will use alternating left-right stimulation of the brain with eye movements, sounds or taps during your EMDR session to stimulate the blocked information processing system. This stimulation, while thinking of the distressing memory, helps to stop the brain from becoming overwhelmed, allowing the traumatic aspects to be processed fully.

In the process of EMDR, distressing memories lose their intensity, and so become less traumatic and seem more like 'ordinary' memories.

If you have any queries about EMDR or your sessions with Psychology Associates, please get in touch with us:

Telephone: 0300 303 5233

Website: www.psychologyassociates.org.uk

Email: enquiry@psychologyassociates.org.uk