

Who would benefit from EMDR Therapy?

While EMDR therapy was originally developed for PTSD, research is continuing to support its use for a variety of psychological issues. Many psychological symptoms of anxiety, sleeplessness, substance abuse and depression are related to life disturbing events such as abuse, bullying, embarrassment and feeling not in control. EMDR therapy can be tailored to process these past events to help resolve the related psychological condition.

There are specific protocols for:

- Phobias
- Anxiety
- Panic Attacks
- Chronic Pain
- Addictions
- Nightmares
- Overeating
- Social anxiety
- Recent traumatic events

More information can be found at:

www.emdraa.org
www.emdr.com
www.emdria.org
www.emdrhap.org

EMDRAA

The EMDR Association of Australia (EMDRAA) sets the standards for EMDR training in Australia.

EMDRAA Members are professionally qualified mental health practitioners with a range of skills who have completed EMDR training and experience working with clients.



For more information or to find an EMDR therapist in Australia and New Zealand go to:
www.emdraa.org

Or contact:

EMDR THERAPY

Recommended by the World Health Organization (WHO) for the treatment of PTSD in adults and children



EMDR therapy is designed to resolve distressing memories that lead to Post Traumatic Stress Disorder (PTSD), anxiety and depression.

Eye Movement Desensitisation and Reprocessing (EMDR) Therapy has been shown to be effective in over 25 scientific studies and numerous independent reviews as an effective and efficient psychological intervention.

The eye movements in EMDR have been shown to be important in producing neurological changes in the brain which cause rapid reductions the vividness and emotional charge of distressing memories.

According to the World Health Organization (WHO, 2013) Guidelines for the management of conditions that are related to stress, EMDR therapy and CBT trauma focused therapy are the only psychotherapies recommended for children, adolescents and adults with PTSD.

EMDR Therapy is also endorsed by;

Phoenix (The Australian Centre for Posttraumatic Mental Health)
The National Health and Medical Research Council
The Australian Psychological Society
The International Society for Traumatic Stress Studies
UK Guidelines for Clinical Excellence (NICE)
American Psychiatric Association
Dutch Guidelines for Mental Health Care
American Psychological Association
Israel National Council for Mental Health

Why EMDR Therapy?

As indicated in the WHO guidelines, EMDR therapy is based on the idea that negative thoughts, feelings and behaviours are the result of unprocessed memories from unpleasant experiences. The treatment involves standardised procedures that include focusing simultaneously on (a) spontaneous associations of traumatic images, thoughts, emotions and bodily sensations and (b) bilateral stimulation that is most commonly in the form of repeated eye movements. EMDR therapy aims to reduce subjective distress and strengthen useful and positive ways of thinking related to the traumatic event.

Unlike CBT with a trauma focus, EMDR therapy does not involve

- (a) detailed descriptions of the event,
- (b) direct challenging of beliefs,
- (c) exposure to traumatic memories, and
- (d) work between sessions involving further exposure to the trauma memory.

Therefore, EMDR therapy is more direct over a shorter period of time and is less stressful for the client.

PTSD is often associated with war but also includes trauma from car accidents, child abuse, family violence, medical interventions and natural disasters. Other traumatic events that may be effectively processed with EMDR may include difficult life events related to loss, humiliation, rejection, criticism, exclusion, or other distressing moments.

How does EMDR therapy work?

After taking a history and assessing the problem you present with, your EMDR therapist will help you identify when you began experiencing symptoms and what memories are associated with your feelings.



You do not have to describe in detail what happened, merely a few key components associated with the memory to avoid raising your stress levels. Once the target memories have been identified, you will be asked to bring up the memory, your thoughts and emotions associated with it.

Often clients will experience an uncomfortable body sensation associated with the memory such as a tight throat or tense stomach.

The therapist will then begin bilateral eye movements which have been shown to be effective in helping you process the memory to a more positive resolution. At the end of processing the memory will be more distant and often harder to recall, and you will be able to talk about it without distress.

Clients report that their symptoms are reduced, more positive thoughts come to mind and they feel more confident in stressful situations.

The therapy takes place during your sessions and you do not have to do "homework". EMDR therapy focuses on the identified issues and is not a long-term "talking" therapy. The goal is to help clients gain a sense of emotional control and lead effective lives without worry.