

TALKWORKS



EYE MOVEMENT DESENSITISATION AND REPROCESSING

A GUIDE TO EMDR

Improving Mental Health Today
For A Better Tomorrow

WITH WELLBEING IN MIND.

AROUND 1 IN 3 ADULTS IN ENGLAND REPORT HAVING EXPERIENCED AT LEAST ONE TRAUMATIC EVENT IN THEIR LIFETIME.

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychological therapy which has been extensively researched and proven effective in helping people recover from traumatic experiences.



WITH WELLBEING IN MIND.



WHAT CONDITIONS CAN EMDR BE EFFECTIVE FOR?

In the UK, NICE (National Institute for Health and Care Excellence), recommend the use of EMDR therapy for individuals who have Post Traumatic Stress Disorder (PTSD).

It is also often used to help:



WITH WELLBEING IN MIND.

UNDERSTANDING TRAUMA

Traumatic events may include being harmed or witnessing harm to others. Trauma is an emotional response to this disturbing experience. Trauma can make us behave differently, for example, we may start avoiding certain things, or act with extreme caution or conversely behave recklessly. Trauma can change our relationships and can make us see other people and the world in a different light. It can make us feel many negative emotions, including anger, guilt, shame and fear.

We understand that traumatic memories sometimes aren't stored in the memory properly. These memories can interfere with daily life in the form of intrusive thoughts, nightmares and flashbacks. They can make us on edge and on constant alert for danger, which is exhausting.

EMDR is a psychological therapy which helps people overcome trauma.



Research has revealed that after only six 50-minute sessions, 77% of multiple-trauma victims and 100% of single-trauma victims were no longer diagnosed with PTSD.

HMO Kaiser Permanente conducted research

WHAT HAPPENS IN AN EMDR SESSION?

The client learns to develop a number of techniques for coping with emotional distress.

During the processing phase of EMDR, the client and therapist together work to recall the trauma memory and negative beliefs, while making eye movements or repeated gentle taps. Recalling the trauma only occurs when the client and therapist agree that it is safe to do so. The client is awake, alert and in control throughout.

EMDR reconnects the client in a safe and measured way to the images, self-thoughts and body sensations associated with the trauma. This allows the brain to move towards resolution and to file away the traumatic memory, so it stops interfering with day to day life.



HOW MANY SESSIONS ARE RECOMMENDED?

12 sessions of EMDR are recommended to enable the client to process trauma and reduce the likelihood of repeated episodes of depression and absence that are typically associated with trauma.

WHO DELIVERS EMDR THERAPY?

At Talk Works, our EMDR therapists are also fully qualified counsellors or psychologists, registered with their professional bodies (BACP, HCPC or UKCP).

FURTHER INFORMATION ABOUT EMDR:

BACP website <https://www.bacp.co.uk/about-therapy/types-of-therapy/eye-movement-desensitisation-and-reprocessing-emdr>

EMDR Association UK <https://emdrassociation.org.uk/>

