

EYE MOVEMENT DESENSITIZATION AND REPROCESSING EMDR THERAPY

About EMDR Therapy

Should always be administered by a professional who is fully trained in EMDR therapy.

- Extensively researched and evidence-based
- Effective psychotherapy
- Helps people recover from trauma and other distressing life experiences (without talking at length)
- Utilizes 8 phases (over the course of a number of sessions)



PHASE 1– HISTORY TAKING & TREATMENT PLANNING



- The therapist develops a treatment plan according to our needs and situation
- Your therapist will help you identify important aspects of your life story
- You will discover the connection between your current problems and your past
- You will identify your strengths and resources
- Your personal and cultural context are important

PHASE 2– PREPERATION

Your therapist will explain EMDR, clarify expectations & test out eye movements (tapping or tones) and:

- Build a working relationship with you
- Address your concerns
- Help you develop tools to continue with the next phases of EMDR
- Assess your readiness for the next phases



PHASE 3– ASSESSMENT PHASE



Your therapist and you agree to work on a memory of a disturbing event and briefly talk about it.

Your therapist asks questions about the event including:

- Images
- Thoughts
- Feelings
- Body sensations

PHASE 4– DESENSITIZATION PHASE

You think about the event & follow movements with your eyes (or use tapping or tones)

- Reprocessing begins (working on disturbing memory)
- You notice what happens in your thoughts, feelings, and body sensations without judging or trying to change...and “go with that” for each set.



Note: you and your therapist are usually silent during sets

Your therapist will stop eye movements periodically and say: “Take a breath and tell me what you notice now?”

You briefly report what you notice

The therapist says :
“Go with that.”

You continue to notice any changes in thought, feelings, images, and body sensations WHILE continuing eye movements (Or tapping or tones) until distress is reduced or eliminated.

PHASE 5– INSTALLAION PHASE



You will link the event with an adaptive positive belief such as: “I did the best I could,” or “I am safe now” WHILE continuing eye movements (or tapping or tones)

PHASE 6– BODY SCAN PHASE

You think about the original event AND a positive belief while scanning your body.

Lingering tension or unusual sensations are identified and reprocessed with more eye movements (tapping or tones)



PHASE 7–CLOSURE PHASE



Your therapist helps you shift attention away from the event.

Your therapist talks to you about what to expect between sessions.

Your therapist helps you to return to a calm state and strategies for containment are discussed.



PHASE 8—RE-EVALUATION PHASE

In the next session, you will review what happened after your last session with your therapist.

Identify overall changes in your symptoms or situation.

Identify changes to the memory of the event: “What comes up now when you think about the event?”

Continue with same event (if needed) or move to next disturbing memory.



GIHN SKILLED STAFF

Gratiot Integrated Health Network is pleased to be able to offer Eye Movement Desensitization and Reprocessing EMDR therapy. Our skilled staff is trained to help you navigate through traumatic experiences and ensure that you understand the process. EMDR therapy is an evidence-based treatment that has been shown to be effective in treating trauma-related disorders. We are committed to providing the highest quality care to our patients, and we believe that EMDR therapy can be a valuable tool in helping them heal. If you are interested in learning more about EMDR therapy and how it can help you, don't hesitate to contact us to schedule a consultation.

For more information on how EMDR can help, visit:

- EMDR & PTSD: <https://www.emdria.org/about-emdr-therapy/emdr-ptsd/>
- EMDR & DEPRESSION: <https://www.emdria.org/about-emdr-therapy/emdr-depression/>

For more information about accessing services or to speak to a crisis worker, please call our 24/7 switchboard at 989-463-4971 or 800-600-5583.