**What is EMDR Therapy**

​​​​​​​This is a form of integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma and has helped millions of people of all ages relieve many types of psychological stress. The client is asked to bring up distressing images and the therapist then directs the client in bilateral eye movements or tapping.  This processing lessens the sting of trauma by "shifting the information" in a way that helps the patient regain perspective of a past incident. This processing can provide individuals with relief from painful memories. Trauma can be described as a psychological and emotional response to an event or an experience that is deeply distressing or disturbing.

​​​​​​​EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain.  For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies.

**How does EMDR therapy affect the brain?**

Our brains have a natural way to recover from traumatic memories and events.  This process involves communication between the amygdala (the alarm signal for stressful events) the hippocampus (which assists with learning, including memories about safety and danger) and the prefrontal cortex (which analyzes and controls behavior and emotion). While many times traumatic experiences can be managed and resolved spontaneously, they may not be processed without help.

Stress responses are part of our natural fight, flight, or freeze instincts.  When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create an overwhelming feeling of being back in that moment, or of being "frozen in time."  EMDR therapy helps the brain process these memories and allows normal healing to resume.  The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved.

**Who can benefit from EMDR therapy?**

EMDR therapy helps children and adults of all ages.  Therapists use EMDR therapy to address a wide range of challenges:

* Anxiety, panic attacks, and phobias
* Chronic illnesses and medical issues
* Depression and bipolar disorders
* Dissociative disorders
* Eating Disorders
* Grief and Loss
* Pain
* Performance anxiety
* Personality disorders
* PTSD and other traumatic and stress-related issues
* Sexual Assault
* Sleep disturbance
* Substance abuse and addiction
* Violence and ab

EMDR therapy is a mental health intervention and should only be offered by a properly trained and licensed mental health clinician.

These sessions are on an average 60-90 minute sessions and a client could be investing themselves between 3 -12 sessions consistently for optimum results.