

# Group Eye Movement Desensitisation Reprocessing (EMDR)



The Group Traumatic Episode Protocol (G-TEP) of EMDR, is a safe, structured, and effective therapy for groups, couples and families who have experienced single-incident/episode traumas such as accidents, loss, natural disasters, or distressing life events.

## What is G-TEP EMDR?

G-TEP (Group Traumatic Episode Protocol) is a trauma-informed, research-backed and evidence-based EMDR approach designed specifically for groups.

G-TEP helps individuals process trauma without having to verbalise or disclose painful details.

Instead, it uses a structured journaling process combined with emotion regulation techniques and psychological resourcing with eye movement techniques.

This creates a safe and supportive environment for healing.

## How Does G-TEP Work?

- **Guided Step-by-Step Process** – A trained therapist leads the group through structured exercises that gradually help reduce distress related to a trauma incident/episode.
- **Visual and Written Techniques** – Instead of talking about the trauma, participants engage in journaling and visual mapping to help the brain reprocess distressing memories.
- **Eye Movements & Bilateral Stimulation** – Like individual EMDR, eye movements or tapping techniques help the brain naturally process trauma.
- **Healing Without Sharing Personal Stories** – Since disclosure is not required, privacy and emotional safety are prioritised.



## What Are the Benefits of G-TEP?

- **Effective for Trauma Processing** – Helps reduce PTSD symptoms and emotional distress.
- **No Need to Talk About the Trauma** – Ideal for those who find verbalising painful experiences difficult.
- **Fosters a Sense of Connection** – Even without sharing details, the group setting provides support, validation, and a shared healing experience.
- **Quick and Structured Approach** – Designed to help stabilise emotions and provide relief in just a few sessions.
- **Can Be Used for Recent or Past Trauma** – Helps individuals cope with both recent events and older distressing memories.

## What can G-TEP help with?

- **Accidents and medical trauma** including vehicle accidents, workplace accidents, serious diagnosis, surgical or child birth trauma
- **Natural Disasters & Environmental Trauma** including weather related events, house fires, bushfires, floods and sudden displacement due to disaster
- **First Responders & Public Service Trauma** including emergency/ military or health care workers exposed to distressing events, burnout or secondary trauma
- **Sudden Loss & Grief Trauma** including unexpected loss and traumatic grief
- **Interpersonal & Public Violence** including witnessing violence, victim of a crime, bullying, mass trauma event
- **Family & Relationship-Related Trauma** including shared traumatic events, sudden changes in care-giver or living arrangements, family separation



## G-TEP may not be suitable for...

- **Complex PTSD (C-PTSD)** from ongoing or long-term trauma
- **Severe dissociation, psychosis or unmanaged mental health conditions.** Clients may need a period of stabilisation first
- **Clients needing deeper individual processing** – Some may require more personalised EMDR sessions before benefiting from the group format



## FAQs

- **Do I have to share my trauma with the group?**

No. G-TEP is structured in a way that allows for healing without discussing personal trauma details.

- **Who is G-TEP for?**

Anyone who has experienced a single-event/episode trauma—such as an accident, sudden loss, natural disaster, or other distressing experiences—can benefit from G-TEP.

- **Is G-TEP as effective as individual EMDR ?**

Yes. G-TEP follows the same principles as individual EMDR but in a group-adapted format, making it both effective and supportive. Individual EMDR is more personalised, in-depth and targeted. Group EMDR is cost-effective and can help more people at once.

- **Do all group participants need to have experienced the same trauma?**

No. Group participants can be working on different incidents or episodes of trauma in the same group. However the process for the trauma processing will be the same for everyone.

- **What if I have experienced multiple traumatic events/ episodes in my life, can I still do G-TEP?**

Yes. You can still do G-TEP but you will only process one trauma event/episode per group session.

- **How many sessions are needed?**

Following one intake session, most people only need 1-2 trauma processing sessions. While benefits can be felt after just one session, some people may choose to participate in multiple sessions for deeper healing or to process other trauma incidents/episodes.

If you or someone you know has experienced a single-incident/episode trauma and is looking for a safe, non-verbal, and effective healing process, G-TEP may be the perfect fit!

## More Information

- <https://emdraa.org/emdr-resources/>
- <https://www.emdria.org/about-emdr-therapy/>



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