

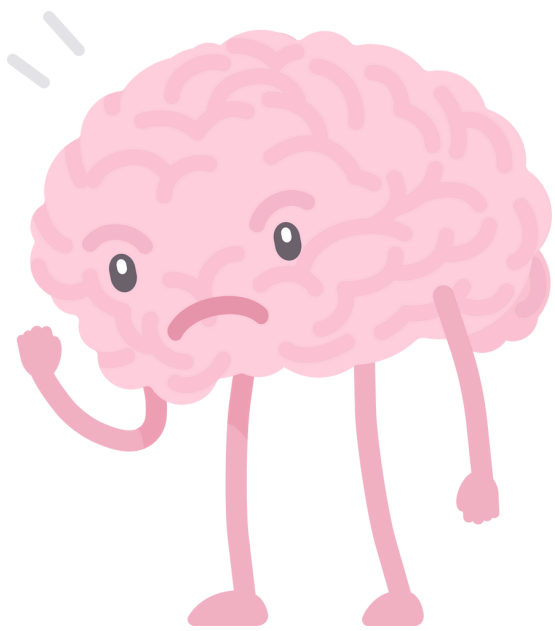
What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a scientifically validated psychotherapy approach that helps people process difficult or traumatic memories, making them less distressing. It is used to treat many psychological conditions.

Think of your brain as a complex filing system. Traumatic memories can sometimes get stored improperly, causing distress whenever they are triggered. EMDR helps reorganize these memories in a way that reduces their emotional intensity and allows you to move forward.

What Can EMDR Help With?

- ✓ Reduces the intensity of distressing memories from the past.
- ✓ Corrects negative self-beliefs that impact daily functioning and relationships.
- ✓ Helps manage emotional triggers
- ✓ Doesn't require detailed discussion of trauma
- ✓ An alternative to traditional talking therapies
- ✓ Can be adapted to individual needs and neurotypes



Why Does EMDR Work?

- Rewires the Brain: Helps the brain reprocess traumatic memories in a healthier way
- Reduces Emotional Distress: Decreases the emotional charge of painful memories
- Enhances Coping Skills: Strengthens the ability to handle future stress

Here's How It Works:

- You will be asked to think about a difficult memory while using eye-movements, sounds or tactile buzzers to activate both sides of the brain (bilateral stimulation known as BLS) to allow memory processing.
- This BLS helps your brain process the memory in a way that makes it feel less overwhelming.
- Over time, the memory won't trigger such strong emotions, and you can move forward feeling calmer and more in control.

How Long Does EMDR Therapy Take?

The length of EMDR therapy varies based on the individual and the severity of their symptoms. Some people experience relief in just a few sessions, while others require longer treatment.

- Single-event trauma or mild psychological distress may take between 3 to 6 sessions.
- Complex trauma or complex psychological conditions (such as repeated childhood trauma or long-term distress) may take months to process fully.
- Sessions typically last 60 minutes, and many people begin noticing changes within a few weeks.

The process is highly individualized, and progress depends on factors like emotional readiness, coping skills, and the depth of trauma being processed.

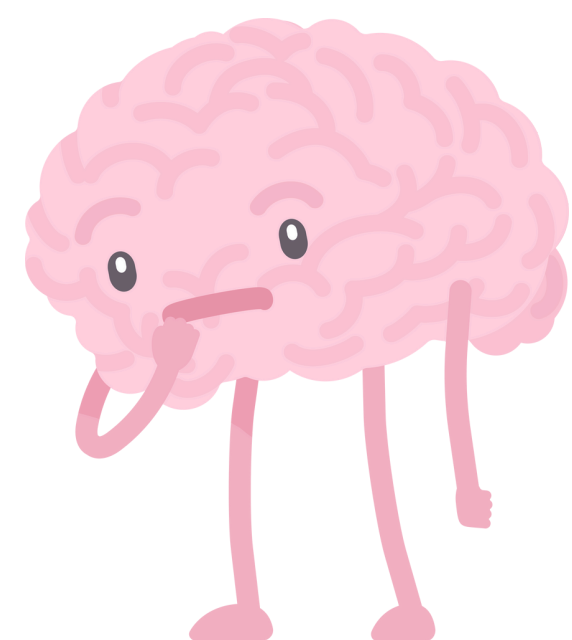


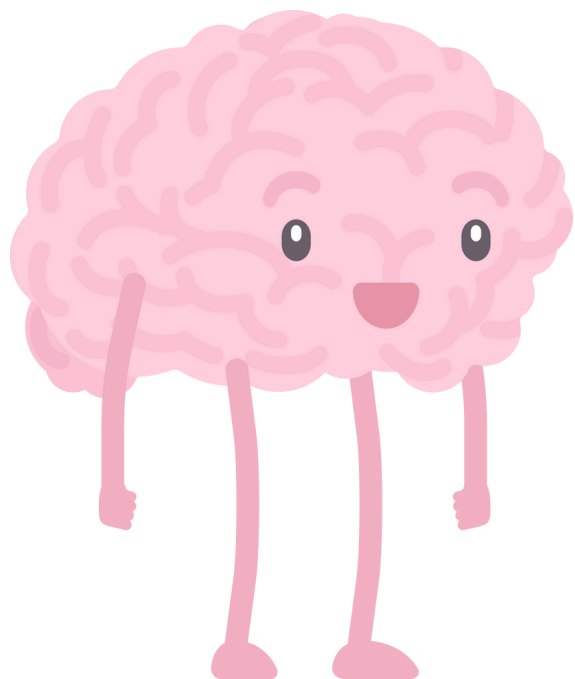
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What Can You Expect After Therapy?

- You may feel tired initially
- Over time, distressing memories lose their intensity.
- Many people report feeling calmer and more in control.

Strong Evidence Base

- EMDR is supported by over 30 randomized controlled trials (RCTs) and numerous other studies worldwide as an effective treatment for many psychological conditions.
- Research shows EMDR can significantly reduce PTSD symptoms in a shorter time than traditional talk therapy.

Frequently Asked Questions?

1. Is EMDR only for PTSD?

No. It is also effective for many mental health conditions, grief, and other distressing life experiences.

2. Will I have to talk about my trauma in detail?

No, EMDR does not require you to describe your traumatic memories in detail. The focus is on your thoughts, feelings, and body sensations while reprocessing the memory.

3. Is EMDR safe?

Yes! EMDR is a safe, non-invasive, evidence-based therapy used by mental health professionals worldwide. However, it may bring up strong emotions, which your therapist will help you manage.

4. Does EMDR erase bad memories?

No, but it reduces their emotional intensity so they no longer feel overwhelming.

5. Can EMDR help with future anxiety?

Yes! EMDR can address past trauma, current triggers, and future worries, helping you build confidence and resilience.

6. Does EMDR work for children?

Yes, EMDR is effective for children, young people, and adults. It is often adapted using play therapy, storytelling, or art to help younger clients process their emotions.

7. Is EMDR like hypnosis?

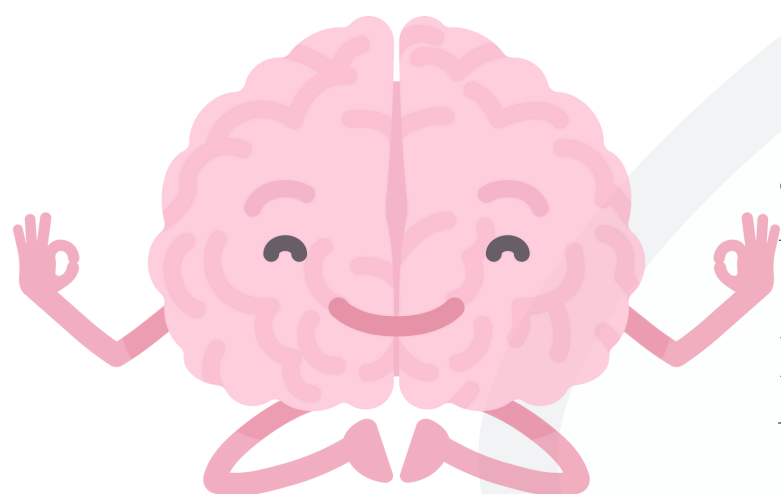
No, EMDR is not hypnosis. You remain awake and in control during the process. It works by engaging the brain's natural ability to heal through bilateral stimulation and reprocessing.

8. Can I do EMDR if I am vision impaired or have an eye condition?

Yes. We can use other forms of BLS such as sound, movement and tactile stimulation

More Information

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



8 PHASES OF EMDR

EMDR follows an eight-phase process that allows the brain to reprocess distressing memories

History taking

The therapist will ask about your history, experiences and things that are causing problems from you. This will guide what goals to set and work on

01

Preparation

While building trust with your therapist, you will learn strategies to help you feel calm to manage uncomfortable feelings and emotions

02

Assessment and Activating Targets

This stage identifies the memories, images, beliefs, emotions and physical sensations to target in EMDR therapy

03

Desensitization

While focusing on the memory, beliefs, emotions and sensations the therapist will guide you through BLS eye movements, tapping, or auditory tones to help process the memory

04

Installation

Once the distress linked to the traumatic memory has decreased, more positive beliefs can be strengthened using BLS. When you think about the memory in the future, it wont be distressing

05

Body Scan

Whilst recalling the memory, you will scan through your body to check for any lingering tension, distress or discomfort to process further if needed

06

Closure

Each session ends in a calm stable state. If the memory was not fully processed, you will have strategies to use in between sessions to manage any arising distress.

07

Re-evaluation

At the beginning of the next session your therapist will check the progress of the previously processed memory. If needed, additional processing can be done.

08