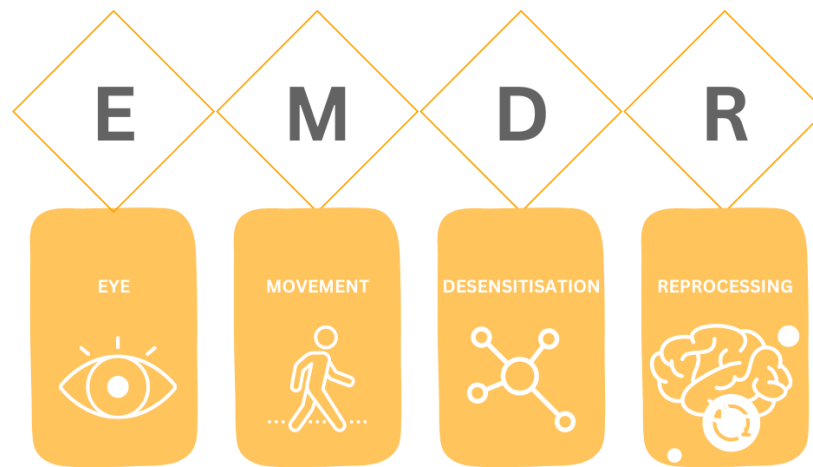


## What is EMDR?



EMDR stands for Eye Movement Desensitization and Reprocessing Therapy. It is a therapy model that has been proven to be highly effective for those who have experienced trauma.

EMDR therapy is founded on the basis that our emotional well-being is interwoven with our physical state. Therefore, EMDR employs a body-based technique called bilateral stimulation (stimulating the left and the right side of the brain quickly).



This is similar to what happens in our brains when we go into the deep state of sleep known as REM (Rapid Eye Movement).

The therapist will guide a client through eye movements, tones, or tapping in order to move a memory that has been incorrectly stored to a more functional part of the brain.



During trauma our brain processes and stores memories incorrectly. This incorrect storage can lead to past memories feeling very present. Related or unrelated triggers in the present can lead to clients reacting as they did at the time of trauma. The brain feels as if the previous traumatic event is occurring again.

EMDR therapy helps to process the painful memories associated with the trauma so that they lose their intensity and are less distressing. It also can help people feel less triggered in their day-to-day life.

The person can then react to experiences in the present, without the past interfering.

You can learn more about how EMDR works by clicking on this link:

<https://emdrassociation.org.uk/a-unique-and-powerful-therapy/emdr-the-basics/>

The above link takes you to the website of the EMDR association of UK & Ireland. This is the professional Association of EMDR clinicians and researchers seeking the highest standards for the clinical practice of EMDR in the United Kingdom and Ireland.

This can be really useful for you to watch in your own time, when you can pause and replay it as many times as you like!

There is also a short animation video that explains the theory behind EMDR in an accessible way that can be found at:

[Animation film explaining the working memory theory of EMDR - YouTube](#)