

Positive Steps

Moving on after Trauma with EMDR Therapy

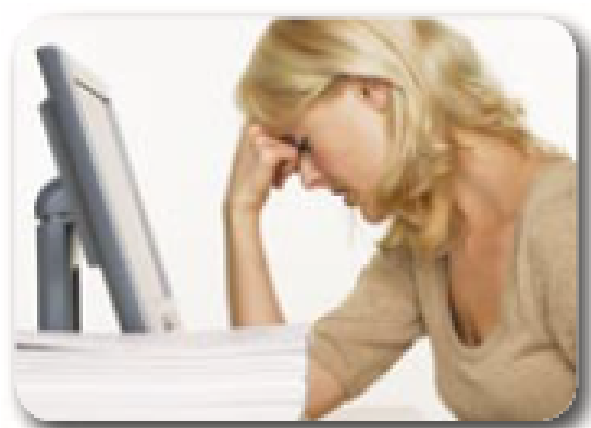
If a distressing event is not processed effectively, the memory gets 'locked' in the nervous system and continues to trigger the kind of emotional and physical responses experienced at the time of the actual incident, possibly leading to a diagnosis of anxiety, depression, or post traumatic stress disorder.

How can EMDR help?

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychological treatment that is based on the idea that any distressing event needs to be effectively processed through the consideration of rational information relating to the original memory and the emotions experienced at the time of the trauma.

The process is a natural way of coming to terms with, and learning from, disturbing events. For example, if we have an argument with somebody at work our body reacts, our mind races, and we feel upset. We then talk about the event, think about it, and maybe dream about it. Time passes and eventually the incident does not bother us anymore. We understand what happened and the event has been effectively resolved.

When this process does not occur naturally and we continue to experience distress in relation to an event, EMDR can help us to access the information we need in order to learn from the event and no longer be psychologically affected by it. This process enables us to work through the traumatic material – images, physical reactions and emotions - effectively, and the memory loses its emotional charge and no longer has a negative impact on our present emotional wellbeing.



How does EMDR work?

During treatment a client will be asked to directly focus on all the aspects of the disturbing memory (imagery, cognition, emotions, and physical sensations), while at the same time engaging in a dual attention task: eye movements. It has been shown that eye movements decrease the vividness and emotionality of memories. This appears to allow access to other information, leading to links being created between the memory and adaptive information, which in turn allows the memory to be processed effectively.

One of the benefits of using EMDR over other forms of treatment is that it is known for being time effective and most clients would be treated within 6 to 8 sessions.

For more information on EMDR or our other clinical services, contact Jenny Foley at jennyf@keilcentre.co.uk