

EDMR THERAPY



*natural
healing
process of
the brain*

Eye Movement Desensitization and Reprocessing Therapy (EMDR)

Eye Movement Desensitization and Reprocessing Therapy or EMDR is an effective type of therapy which has been thoroughly researched and shown to help people heal from trauma and other distressing life experiences like PTSD, anxiety, and depression. EMDR is designed to resolve unprocessed traumatic memories in the brain and resume its natural healing process.

When something scary happens stress responses are part of our natural fight, flight, or freeze instincts. Our brains have a natural way to recover from the stress response from traumatic memories and events. While many times traumatic experiences can be managed and resolved spontaneously, sometimes they may not be processed without help. When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create feelings of being overwhelmed, of being back in the moment, or of being stuck. By mimicking REM (rapid eye movement) sleep EMDR therapy helps the brain process these memories, and allows the natural healing process of the brain to resume. The experience is still remembered, but the fight, flight, or freeze response has been processed.

EMDR is different from other therapies as EMDR does not require a person to talk about the disturbing event. Instead EMDR uses a set of procedures to help organize the negative and positive emotions and thoughts and then uses eye movements or tapping to help process the disturbing memory. During EMDR a person remains wide-awake and in control, they can stop the process at any time. Because EMDR uses the brain's natural healing process, new connections and insights come from the person.

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