

WHAT IS EMDR...

Eye Movement Desensitization & Reprocessing

This evidence-based trauma treatment offered at Center for Survivors has been shown by research to reduce trauma symptoms.

EMDR changes the way traumatic memories are stored in the brain.

- Traumatic/disturbing memories are stored differently in the brain. When triggered, the brain reacts like the original event is happening currently
- EMDR safely reprocesses the memory so that it becomes a part of the past
- By changing the way memories are stored, trauma symptoms are more manageable

EMDR impacts emotions, thoughts, and the body

- Intense painful emotions are relieved
- The client discovers their own insights and develops more helpful thoughts
- Physiological trauma symptoms decrease



Center for Survivors
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FAQS

What will therapy be like?

- Sessions can be virtual or in-person
- Initial sessions focus on building resources (or coping tools) to manage distress
- The therapist uses a standardized protocol to assist with identifying and reprocessing traumatic/disturbing memories
- Reprocessing sessions are often scheduled for 60-90 minutes each
- Bilateral stimulation (eye movements, taps, or tones) are used during reprocessing sessions to activate past memories
- A light bar is typically used to help clients move their eyes move back and forth

Why is bilateral stimulation used?

- During REM sleep, the eyes move back and forth while the brain processes memories from the day
- Just like in REM, bilateral stimulation in EMDR helps prompt the brain to process a memory and make new helpful connections

Will I have to tell my whole story?

- No, you will not be required to discuss the traumatic or disturbing memory in detail



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