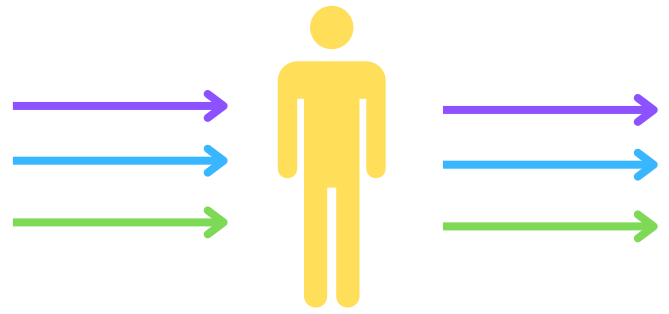


# All about EMDR

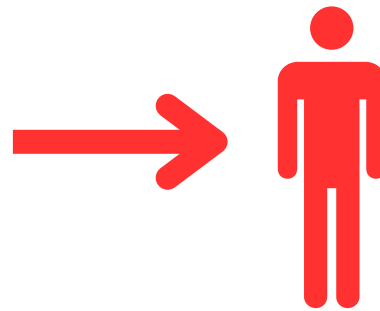


Why do people experience psychological issues?  
One of the reasons is because of trauma\*.

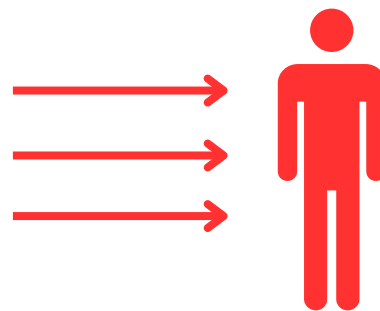
Ordinary every day experiences happen and do not have a long term impact. They pass through our system.



Traumatic experiences often get trapped and form a blockage.



Traumatic experiences can be big T traumas or small t traumas.

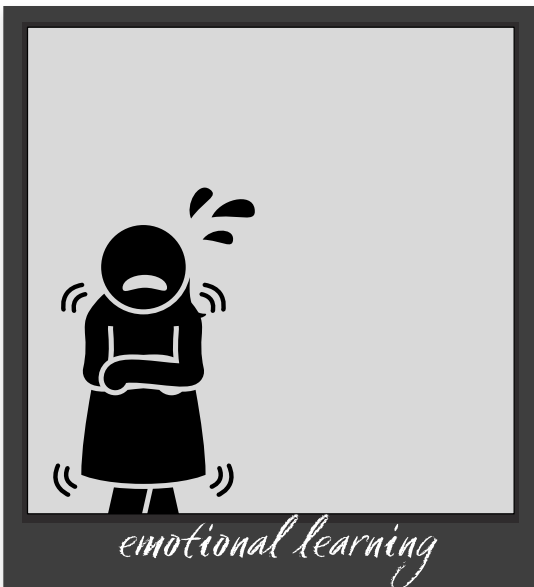


\*Trauma is **any life experience** we have that's overwhelming, confusing, highly charged emotionally - too much for us to process at that time, ...our brain doesn't work through it in the same way it does with regular life events.

# TRAUMATIC EXPERIENCE EXAMPLES



Person experiences emotionally intense event(s).



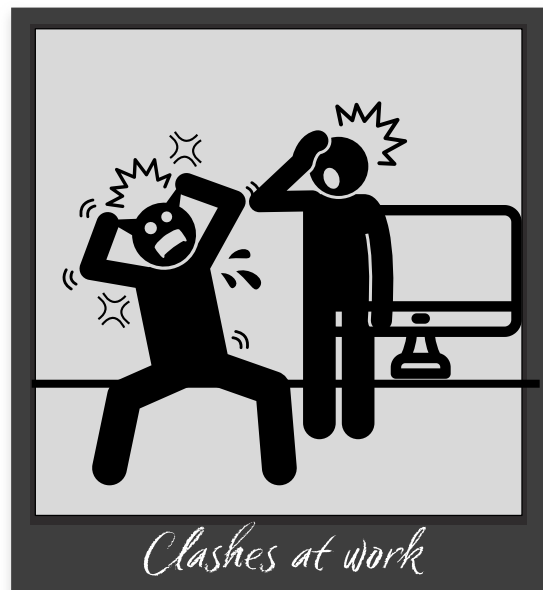
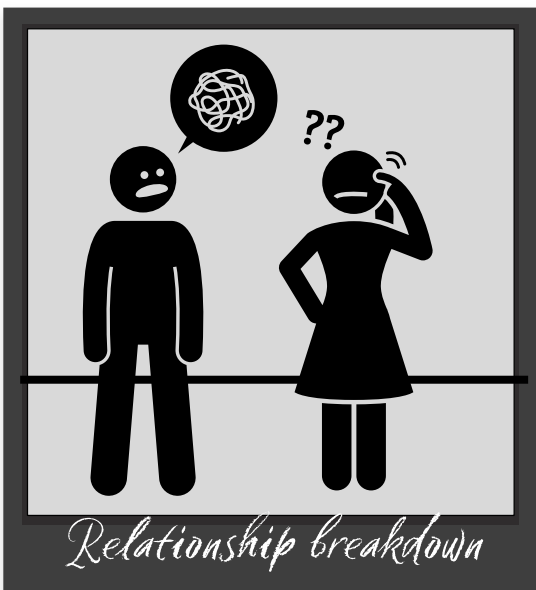
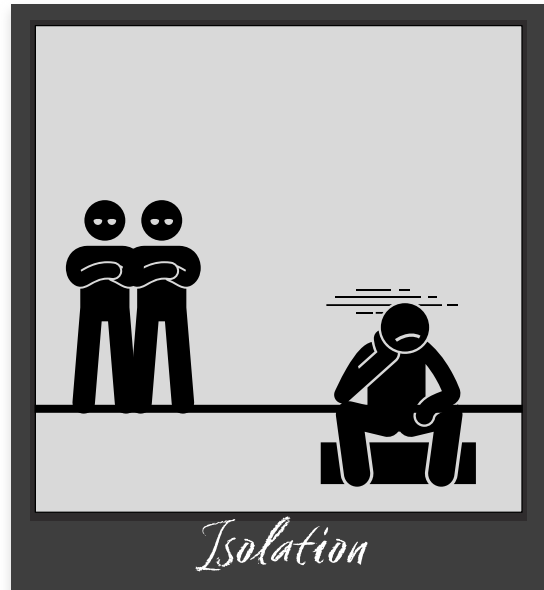
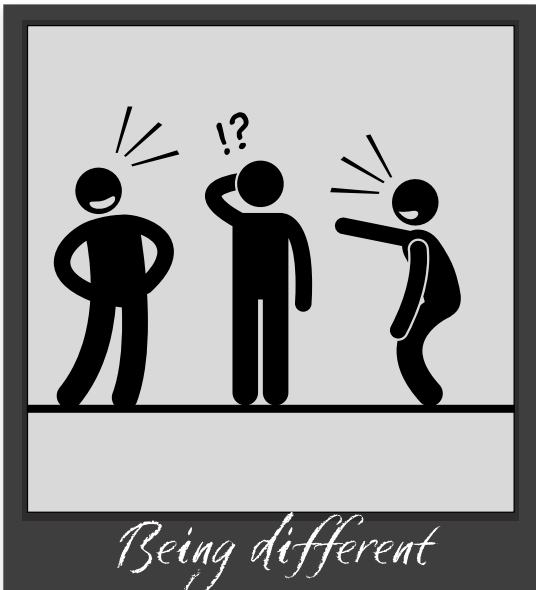
Person's body & mind does what it has to in the moment to survive, and this decision of the body is unconscious and automatic (freeze/cut off from all feeling to reduce overwhelm). An emotional learning takes place that is recorded in the body-mind.



If this emotional learning isn't addressed through a natural process of support, connection, acknowledgement & understanding, then it stays in the system unconsciously.

Everyday events that are similar to the original event cause an unconscious reaction that then appears as a symptom e.g. people pleasing, anxiety, physical pain etc.

# TRAUMAS, BIG T SMALL T



# The result of traumatic experiences

Like a broken record, these events repeat themselves over and over again in our body-mind.

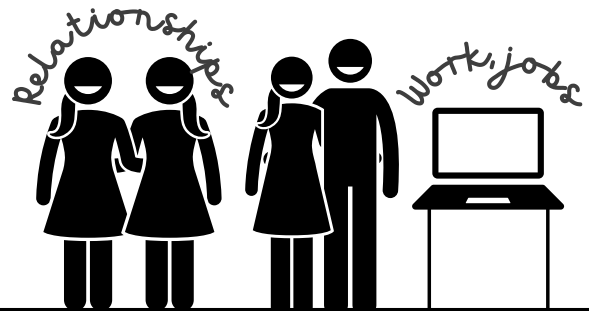


*"I'm overdramatic"*  
*"I'm not good enough"*  
*"I'm totally powerless"*

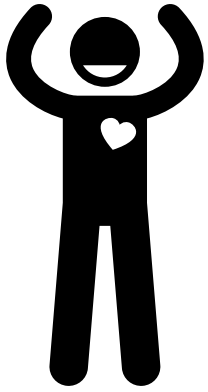


Nightmares, intrusive thoughts, flashbacks and flashforwards are the mind's attempt to process trapped information.

The body-mind's original survival response becomes maladaptive. Rather than protecting us, it obscures our perceptions & emotions.



# Our natural information processing system



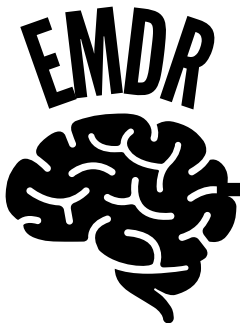
The body-mind has a **natural information processing system** that works to process and integrate experiences.

Many challenging experiences can be processed through:

- talking it through
- the passage of time & perspective
- emotional support



But the information processing system gets interrupted when confronted with trauma - like a blocked wound in the body, causing an ongoing array of symptoms.



EMDR stimulates the brain's natural information processing system so that the trauma can heal.



*“Trauma results in the fundamental reorganization of the way the mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think. We have discovered that helping victims of trauma find the words to describe what has happened to them is profoundly meaningful, but usually it is not enough. The act of telling the story does not necessarily alter the automatic physical and hormonal responses of bodies that remain hypervigilant, prepared to be assaulted or violated at any time. For real change to take place, the body needs to learn that the danger has passed and to live in the reality of the present.”*

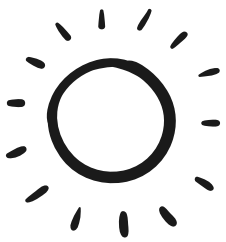
Bessel van der Kolk (The Body Keeps The Score)

# The EMDR process



## STEP 1: HISTORY TAKING

- together we explore what memories relate to symptoms in the present
- I will keep you safe and ensure you do not become too activated in exploring your history
- We collaborate in deciding what the goal of the treatment is



## STEP 2: RESOURCING

- I will guide you in building resource so that you will be ready for doing EMDR processing.

### What does this mean and what is the purpose?

In order to process trauma, the body-mind needs enough 'good' or 'positive' feelings to be accessible so that EMDR processing can happen.

It's a bit like - if you try fishing for big fish in a flimsy canoe, your canoe will capsize. So, resourcing is about building a bigger boat!

What's actually happening when we resource is:

- we are lighting up resourceful, positive neural networks in the brain
- we are strengthening access to the prefrontal cortex of the brain which is all about curiosity, openness and wisdom
- we are anchoring the nervous system's natural ability to feel grounded and in a state of homeostasis

# The EMDR process: Resourcing examples

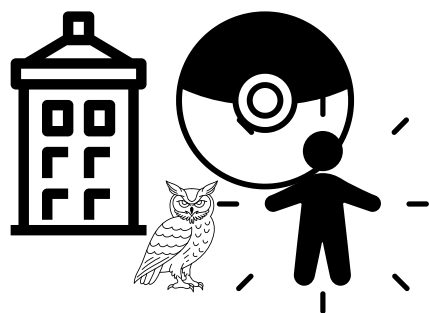


## Examples: Imagining a calm place

I will guide you in imagining a place from your memory that feels good. When you get a good feeling, I will guide you in using bilateral stimulation (BLS) to install this as a resource.

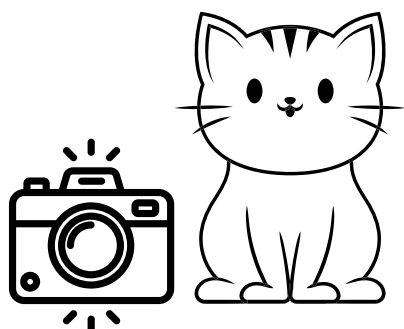
*This will involve either tapping on your legs slowly or holding buzzers in your hands which will buzz left and right, or looking at a lightbar where you follow a light going back and forth.*

*The purpose of the BLS is that it enhances the installation of the good feeling!*



## Example: Imagining nurturing figures

I will guide you in imagining nurturing figures who, when you think of them, bring you a felt sense of strength or courage, or being adult or joy. This could be a real or fictional character e.g. Dr. Who, pokemon figures, D&D figures, a grandparent etc.

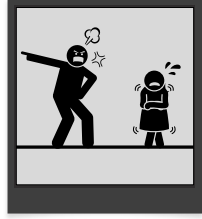
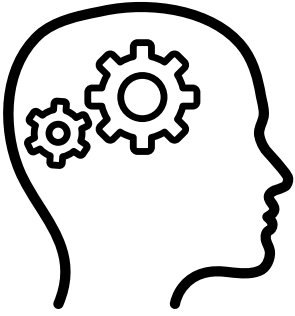


## Example: Outsourcing to external things

If imagining is not your thing, we can outsource resourcing to external objects e.g.

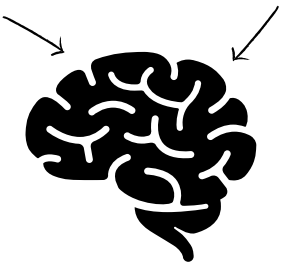
- pinterest images
- pet
- attachment object
- holiday photos etc.

# Step 3: processing memories



We choose a memory that links most strongly to the symptoms in the present. You are invited to bring to mind:

- body sensations
- feelings
- belief associated with memory



I will invite you to add in bilateral stimulation (BLS) which stimulates **accelerated** information processing. This could be eye movement, tapping, audio, buzzers etc. BLS stimulates the left & right hemispheres of the brain which activates information processing.



What does accelerated information processing feel like?

You might notice thoughts, feelings, fantasy images, associated memories, body sensations appearing. Different memories are held in the body-mind in different ways. Some might be held cognitively (thoughts appearing) while others more somatically (body sensations appearing).

Each set of BLS (around 30 - 40 second per set) further unlocks information and accelerates it along an **adaptive path** until you return to a state of equilibrium and integration.





# EMDR - the end result

EMDR moves information from dysfunctional to functional.

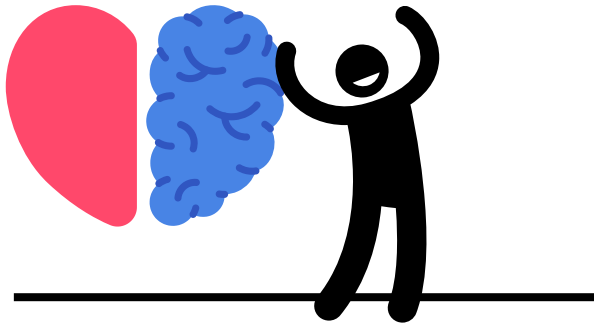


*"I am stupid"*

This means that the emotional charge is reduced or eliminated and what comes is an objective view or understanding of what happened.



*"I am able to learn"*



When the body-mind is allowed to heal, the end result is wisdom, compassion, empowerment and a sense of wholeness.



Basic health resides in all of us as human beings. EMDR removes the blockages caused by negative images, beliefs and body sensations, allowing your natural state of wellbeing and emotional balance to come through.

There is an inherent wisdom within each person that is already whole. It can just get obscured by traumas. My job as a therapist is to help clear those clouds away so you can have access to your own innate wisdom.