



EMDR
EMDR

THERAPY
THERAPY

Relief from Emotional Distress
Enhancement of Relationships
Enhancement of Performance
Improvement in Self-Image

WHY EMDR?

Past experiences can continue to cause a great deal of discomfort in us in the present. Research tells us that when something traumatic happens to us, such as a car accident, abuse, natural disaster, war, severe loss or grief, the trauma seems to become locked inside a part of our brain.

Even though our painful experiences from the past may be “locked away” and out of our awareness, they can still cause a great deal of discomfort in the present. They are often triggered, or brought to consciousness, in us by sensory input (sights, smells, touch, taste, hearing) in our daily encounters with people and other stimuli. At times, we may feel helpless because we are not able to control what is happening in our mind or our body.

As a result, we find ourselves saying things without thinking or doing things that seem out of character, and this reinforces negative beliefs about us. In fact, we are experiencing the effects and sensations connected with our past. These experiences have a negative effect on our relationships, our self-concept, self-esteem, and our effectiveness and well-being in life.

WHAT IS EMDR?

EMDR is a comprehensive therapy process that helps a person’s brain resolve disturbing material, from past experiences, in a less distressing way. In EMDR, it is the activation of the right and left hemispheres of the brain that seems to make a difference in the processing of negative past experiences. EMDR uses guided eye movements, alternating sounds or tactile sensations to stimulate the brain’s two hemispheres to communicate with each other about a chosen target. A target can be a disturbing memory, image, idea, feeling or negative belief. A client may also target a positive image of one’s self performing in ways that he or she wants to experience.

WHO CAN BENEFIT FROM EMDR?

EMDR is used all over the world and is proven effective with adults, children, and adolescents. Positive results have occurred with people who have experienced physical or sexual abuse, car accidents, victims of crime, natural disasters, and severe loss or grief. Positive results have also resulted with panic and anxiety disorders, sexual dysfunction, chemical dependency, chronic pain, and peak performance.



HOW DOES EMDR WORK?

The communication between the brain's two hemispheres (referred to as "bilateral stimulation") enables it to process and release disturbing information that is trapped or "locked away" in the body-mind. This release promotes a person's recovery from difficulties rooted in negative experiences, such as trauma, panic attacks, complicated grief, disturbing memories, phobias, pain management, performance anxiety, addictions, sexual and/or physical abuse, and depression.

While a person is awake in EMDR treatment, the bilateral stimulation of the brain assists it in creating new pathways for healing as it resolves feelings, beliefs, or experiences, not yet resolved through the brain's natural processing during REM sleep (Rapid Eye Movement) process. REM sleep naturally stimulates the right and left brain hemispheres in alternate fashion to integrate our daily experiences into the brain. When a traumatic experience is overwhelming, however, the brain may not be able to process it in the same way. This is why we can feel stuck or find ourselves struck with disturbing memories long after we experienced the traumatic event.

During an EMDR process, the brain will naturally process and release the disturbing information trapped in the body-mind, until the emotional charge is greatly reduced or becomes neutral and the person is able to recall the targeted information or memory without being disturbed or triggered by it. Following a successful EMDR Therapy process, in other words, a person no longer relives the distressing images, sounds, and feelings when the event is brought to mind. Most people report a great reduction in the level of disturbance by the end of an EMDR process.

Sometimes, during an EMDR process, other, untargeted memories may surface. Unexpected emotions or physical sensations during a session can mean that, as the EMDR reprocessing is working, it is bringing to consciousness other memories or effects that have been locked away. It is always the client's choice to work with these or not. As the therapist, I always guide my clients to experience a calm, relaxed state before they leave an EMDR session.

WHAT HAPPENS IN AN EMDR SESSION?

As an EMDR therapist, I follow a Francine Shapiro. I may also techniques as researched and Initially, with the client, I gather needs or circumstances, ask basic Therapy. Through discussion, the client and I identify a "target," which is usually a disturbing memory, image, idea, or feeling. I also talk with the person about the various options for stimulating both hemispheres of the brain: guided eye movements, tapping, and hand-held pulsars or "tappers." The next step is to begin the "desensitization" (making the target less bothersome) and the "reprocessing" (attaching new meaning or new conclusions) phases of the EMDR protocol.



standard protocol, as defined by Dr. incorporate or use "brainspotting" developed by Dr. David Grand. some personal history, assess for special questions, and describe EMDR

HOW LONG DOES EMDR TAKE?

The length of treatment depends upon multiple factors. Depending on the complexity of the person's history and chosen target, we may need more than one EMDR session for desensitizing the target. In non-complex cases, such as for a single incident like a car accident or job loss, it may be possible to complete the desensitizing *and* the reprocessing of the target in one or two sessions. When the brain arrives at new conclusions and meaning for the target, the triggers are now neutral, and the beliefs about oneself offer hope, instead of powerlessness.

For EMDR consultation and assessment:

EMAIL or CALL MarthaElin Mountain, Ed.D., MFT

MEMdocMFT@gmail.com

831.624.5773

EMDR GLOSSARY

Bilateral Stimulation

A process of activating opposite sides of the brain using guided eye movement, alternating sounds, or alternating tapping. This activation allows the brain to “unlock” or release and redefine emotional experiences that are “trapped” within the brain.

Desensitization

The process of activating opposite sides of the brain allows the brain to release and redefine (desensitize) an emotional experience that has been “trapped” and, thus, make it less bothersome. The negative emotional charge originally associated with the target experience has dissipated.

Reprocessing

The client's brain and client changing what the memory or other target means to their life or self

Target

A disturbing memory or image, idea, or feeling; sometimes a positive future behavior, belief, or sense of self

“Trapped” Negative Experience

An experience which has been “frozen” in its original timeframe, along with the negative emotion, sensory information, and childlike or initial interpretation of the experience



For EMDR consultation and assessment:

EMAIL or CALL MarthaElin Mountain, Ed.D., MFT

MEMdocMFT@gmail.com • 831.624.5773