

EYE MOVEMENT
DESENSITIZATION AND
REPROCESSING
(EMDR)

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EVERY MEMORY DESERVES RESPECT

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What is EMDR?

- AN EVIDENCE- BASED MODEL USED TO TREAT TRAUMA
- Has also been proven effective to treat:
 1. Depression
 2. Phobia
 3. Substance abuse
 4. Dissociative disorders
 5. Eating disorders
 6. Or any distressing situations

What is EMDR?

- A therapeutic approach that targets and resolves disturbing symptoms
- EMDR was developed in 1987 by Francine Shapiro, PhD
- Focuses on how the experience of trauma has affected the patient
- Proven to provide quick relief from distressing symptoms
- Believed to be similar to the REM stage of sleep
- Patient has one foot in the past and one in the present
- Use of Eye movement
- or Tactile or auditory stimulation

Treatment Phase: 8 Phases

Eight phases:

1. Client History
2. Preparation
3. Assessment
4. Desensitization
5. Installation
6. Body scan
7. Closure
8. Reevaluation

EMDR Treatment: First phase

- **CLIENT HISTORY:**

Understand patient's history and generate a treatment plan

Thoroughly explore patient's symptoms

Identify major life events from early childhood to present and their impact

EMDR TREATMENT: Phase two

PREPARATION:

Establish trust between patient and therapist

Educate re: Eye movement (EM)

Stabilization and affect tolerance: always screen for dissociation and other

Safe/Calm Place; Container

Seating position

Distance of therapist from client

Speed of EM

Direction of EM

Signal to stop

EMDR treatment: Phase three

ASSESSMENT:

- Identify the target memory to be processed
- Identify a negative cognition about self that is associated with the memory
- Subjective Units of disturbance (SUDs) connected to the memory on scale 0 -10
- Identify a positive cognition
- Validity of Cognition (VOC) scale : 1-7
- Identify emotions connected to the memory

EMDR : Phase three (Assessment cont...)

- Body/physical sensation

Where do you feel it in your body

EMDR: Phase Four

DESENSITIZATION:

Begin the BLS focusing on the patient's disturbing emotions and sensation

Patient follows therapist's finger (back and forth movement)

Patient reports on thoughts, feeling, body sensation, memory, image that come up

Desensitization ends when there is no more disturbance 0 or 1

EMDR: Phase Five

INSTALLATION:

Goal is to install/increase the strength of the positive belief patient identifies to replace the negative belief

(ie: Negative Cognition: I am weak to Positive belief: I am strong)

EMDR Phase Six

BODY SCAN

Patient is asked to close their eyes , keep in mind the original memory and repeat the positive cognition (i.e I'm strong) and do a body scan for tension, tightness or any unusual sensation

If any body sensation BLS continue until no discomfort is reported

EMDR Phase Seven

CLOSURE/DEBRIEF

Debrief

EMDR Phase Eight

RE-EVALUATION

This is done at the very beginning of each follow up session

Review the week since last EMDR session

New sensation

Level of disturbance



FREEDOM IS WHAT YOU DO WITH WHAT'S BEEN
DONE TO YOU