

Psychological Therapy Factsheet 10



This factsheet is about **Eye Movement Desensitisation and Reprocessing**. We call this **EMDR** for short. **EMDR** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is EMDR

EMDR is a therapy for people who have had a very bad time in their life. We call this bad time a **trauma**.

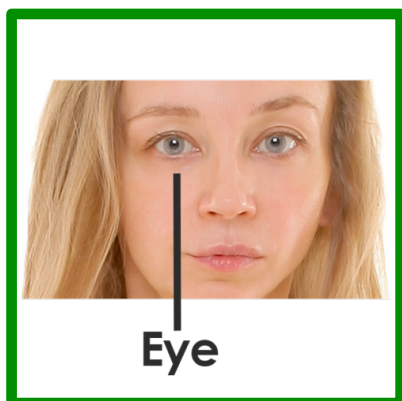
EMDR follows 8 steps to help the person work through their memories and images that upset them.

EMDR uses eye movements or hand tapping to help the person to change the bad memories so they think good things instead.

Your therapist will work with you and show you what to do with your eyes.

They will ask you how you are feeling after the session and check that your body is not feeling anything bad.

They will talk to you and keep you safe at all times.





How EMDR helps you

EMDR helps you to work through bad things from the past so you can feel calmer.

EMDR helps you to stop feeling scared of bad images in your mind.

EMDR helps you to cope with any bad feelings or thoughts.



What happens in an EMDR session

You will have this therapy on your own with a therapist. Your therapist will talk to you about how many sessions you need.

Your session will usually be once a week.

Your therapist will agree what you are going to work on together in each session.

You will need to go to the sessions regularly.





We might ask you some questions so we can check how the **EMDR** is going.



You can find out more about **psychological therapy** and **EMDR** by going to this website

www.emdrassociation.org.uk