

An EMDR Primer: From Practicum to Practice

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that has been shown to be effective in treating a wide range of mental health conditions, including PTSD, anxiety, and depression. EMDR is based on the theory that traumatic memories are stored in the brain in a way that makes them difficult to access and process. EMDR uses eye movements or other bilateral stimulation to help the brain reprocess these memories and reduce their negative impact.



An EMDR Primer: From Practicum to Practice by JB Lynn

★★★★☆ 4.8 out of 5

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History of EMDR

EMDR was developed by Francine Shapiro, PhD, in the late 1980s. Shapiro was a psychologist who was working with a client who had PTSD. Shapiro noticed that her client's eye movements seemed to help her process her traumatic memories. Shapiro began to experiment with using eye movements to help other clients with PTSD, and she found that it was an effective treatment.

In 1990, Shapiro published her first paper on EMDR. Since then, EMDR has been the subject of numerous research studies, and it has been shown to be effective in treating a wide range of mental health conditions.

Theory of EMDR

EMDR is based on the theory that traumatic memories are stored in the brain in a way that makes them difficult to access and process. These memories are often associated with strong negative emotions, such as fear, anger, and shame. When a person experiences a trauma, the brain may not be able to fully process the memory. This can lead to the development of PTSD and other mental health conditions.

EMDR uses eye movements or other bilateral stimulation to help the brain reprocess traumatic memories. The eye movements or other bilateral stimulation help to activate the brain's natural healing mechanisms. This allows the brain to process the traumatic memory and reduce its negative impact.

Application of EMDR

EMDR is typically used to treat PTSD, but it can also be used to treat a wide range of other mental health conditions, including anxiety, depression, and phobias. EMDR is typically conducted in a series of weekly or bi-weekly sessions. Each session lasts for about 90 minutes.

During an EMDR session, the client will focus on a traumatic memory while simultaneously engaging in bilateral stimulation. The bilateral stimulation can be provided through eye movements, tapping, or other methods. The client will continue to focus on the traumatic memory and the bilateral stimulation until the memory becomes less distressing.

EMDR can be an effective treatment for a wide range of mental health conditions. However, it is important to note that EMDR is not a quick fix. It takes time and effort to process traumatic memories and heal from their effects.

EMDR is a safe and effective psychotherapy that can help people to heal from the effects of trauma. EMDR is based on the theory that traumatic memories are stored in the brain in a way that makes them difficult to access and process. EMDR uses eye movements or other bilateral stimulation to help the brain reprocess these memories and reduce their negative impact.

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