

What is EMDR?

Eye Movement Desensitisation and Reprocessing (EMDR) Therapy is a unique form of psychotherapy designed to diminish negative feelings associated with memories of traumatic events.

EMDR focuses less on the event itself and more on the disturbing emotions and symptoms that result from the event.

Treatment includes a hand motion techniques used by the therapist to guide the clients eye movements from side to side.

The goal of EMDR is to fully process past experiences and sort out the emotions attached to those experiences. Negative thoughts and feelings that are no longer useful are replaced with positive thoughts and feelings that will encourage healthier behaviour and social interactions.

You learn to handle stressful situations yourself.

EMDR Fact Sheet

When it's used

EMDR was originally developed to treat the symptoms of PTSD, anxiety and phobias. Now, it is sometimes used to treat depression and low mood, issues with eating, stress and other mental health difficulties.

EMDR at CAMHS

At your initial appointment treatment will be discussed and this may be EMDR depending on your presenting difficulties.

Your clinician will discuss what is best for you and will explain fully how the sessions will work.

<https://www.psychologytoday.com/intl/therapy-types/eye-movement-desensitization-and-reprocessing-therapy>