

EMDR: A NONTRADITIONAL APPROACH TO HEALING

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What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful psychotherapy

approach, different from typical talk therapy. When a stressful or disturbing event occurs, it can get locked in the brain with the original picture, sounds, thoughts, feelings, and body sensations. EMDR seems to stimulate the information and allows the brain to reprocess the experience. It may be similar to what is happening in REM or dream sleep - Eye movements help reprocess the material. EMDR therapists can stimulate eye movement in several

different ways, including using a light bar or tactile tappers. In EMDR, it is your own brain that will be doing the healing and you are the one in control.

What does treatment look like?

EMDR treatment typically begins with a session or two of exploring the problem and deciding if EMDR is an appropriate treatment. The therapist will also discuss EMDR more fully and provide an opportunity to answer questions. Once both the therapist and client agree that EMDR is a good fit, then the actual EMDR can begin. A typical EMDR session will last from 60-90 minutes. The type of problem, life circumstance, and amount of previous trauma will determine how

many sessions are needed. EMDR may be used with traditional talk therapy, as an adjunctive therapy with a separate therapist, or as a treatment all by itself.

What kind of problems does EMDR work for?

EMDR was originally founded to help with post-traumatic stress. However, the therapy has grown to help a wide variety of concerns: PTSD, anxiety, panic attacks, grief, performance anxiety, phobias, abuse history, depression, personality disorders, stress reduction, addictions, and pain disorders.

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