

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

about emdr therapy

emdr for women

What is EMDR Therapy?

EMDR stands for Eye Movement Desensitization and Reprocessing. It's a therapeutic technique designed to help people heal from the emotional distress caused by disturbing life experiences. These experiences could range from traumatic events like accidents or abuse to more subtle but still impactful memories. EMDR therapy is evidenced based and originally discovered by Dr. Francine Shapiro in the late 1980s, EMDR therapy utilizes bilateral stimulation, like eye movements, taps, or sounds, to facilitate the brain's natural healing mechanisms.

How Does EMDR Therapy Work?

Comparing EMDR to REM sleep can help us understand why it's effective. During Rapid Eye Movement (REM) sleep, our brains process information and emotions from the day, helping us make sense of our experiences. Similarly, EMDR uses bilateral stimulation to mimic the eye movements of REM sleep, which activates both hemispheres of the brain. This helps process distressing memories and emotions, much like how REM sleep integrates memories and emotions into our long-term memory. EMDR harnesses this natural processing mechanism to help clients reprocess traumatic memories and alleviate emotional distress effectively.

Is EMDR Therapy Right for You?

EMDR therapy is suitable for individuals who have experienced trauma, whether from a single distressing event or prolonged exposure to stressful situations. It can also be beneficial for addressing anxiety disorders, phobias, addictions, and many other conditions where past experiences contribute to current distress. EMDR can serve as a tool to boost self-esteem, enhance relationships, and uncover your full potential.

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