

WHY EMDR?



Eye Movement Desensitization and Reprocessing (EMDR) uses eye movements that activate both the right and left sides of the brain to create changes in how the brain patterns memories. The eye movements allow the brain to make the neural connections and associations necessary to digest traumatic memories and store them differently, so that they don't keep popping back up.

What does EMDR help with?

EMDR helps with the treatment and recovery of a whole range of trauma symptoms. For example:

- PTSD
- Depression
- Anxiety
- Panic
- Insomnia
- Nightmare and night terrors
- Chronic guilt or shame
- Fear of isolation
- Bad temper or explosive anger
- Poor memory or concentration
- Extreme fears that can't be explained
- Feelings of impending doom
- Performance anxiety
- Trouble trusting people or forming bonds
- Poor self-image
- Compulsive or obsessive behaviour
- Abrupt mood swings
- Rage reactions/temper tantrums
- Intrusive thoughts/flashbacks
- Attraction to dangerous situations
- Frequent crying
- Exaggerated emotional responses
- Diminished interest in life
- Feelings of detachment and isolation

Benefits of EMDR

- Works faster than other kinds of therapy
- Works even when other therapies have failed
- Doesn't involve detailed description of the traumatic event(s), discussion of feelings or direct challenging of beliefs
- No homework or practice between sessions
- Creates lasting changes
- Physical health is improved when the symptoms of trauma are removed
- Effective on all age groups – from children to the elderly
- Increases ability to tolerate future trauma and negative experiences
- Not only alleviates the negative symptoms, but replaces them with a sense of positivity and strength

If you are interested in trying EMDR or would like further information, contact details below:

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