

EMDR

(eye-movement desensitization & reprocessing)

THERAPY

is really like...

Experiencing a series of guided meditation prompts, tailored to most efficiently bring closure to your past, with how you'd rather think and feel about it, as well as similarly triggering challenges in the future.

EMDR helps you distinguish between big emotions that are more related to things in the past and situations in the present that triggered you to feel them today.

is...

- ✓ Evidence-based treatment
- ✓ Short-term therapy (you get what you pay for)
- ✓ Designed for relief of intense trauma (PTSD)
- ✓ Used for relief from ALL types & severities of trauma
- ✓ 8 Structured phases to balance certainty in sense of security with the uncertainty commonly associated with anxiety towards the desensitization process
- ✓ Flow of therapy mirrors the natural process that sorts information when we're sleeping
- ✓ Involves multitasking, under the assumption we think we're good at it, but actually aren't
- ✓ Attention is split between a side-to-side sensory activity (eye-movements, tapping, etc..) and following carefully timed prompts from a Therapist
- ✓ Requires Therapists to have AT LEAST EMDR-specific training, and at best, EMDR Certification

is not...

- X Not talk therapy, but can incorporate it when appropriate
- X Not the same as hypnosis. EMDR is practiced within a client's state of full conscious awareness
- X Not mind control. Client chooses which details are more helpful to walk away with than their previously highlighted, triggering ones.
- X Not the most suitable therapy option for someone who wants complete control over therapeutic dialog and individual steps, in achieving mutually discussed and agreed upon therapy goals
- X Not a therapy that expects client's to do homework in-between therapy sessions, in order for therapy to work
- X Not most suitable to be completed in time frames less than 45 minutes. Sessions run between 60 and 90 minutes each, to ensure adequate time for restyling client if necessary

involves talking when...

You begin therapy

This is when the most conversation occurs. It's so your Therapist can better understand your history, problem, and ideal treatment plan.

During EMDR processing phases

Very minimal- talking during actual EMDR processing work with your Therapist is just a tool to help activate, monitor, and track the natural progression of the parts of your mind that need healing. This means full sentences don't even have to be used!

At the beginning and end of sessions

After getting to know your Therapist, conversational talking will be limited to 'check ins' at the beginning of sessions and 'debriefings' at the end of sessions, to maximize what you get out of the healing time you're paying for.

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CAROLYN LEE DOWNES, LMHC

CAROLYN LEE, LMHC
eye-movement desensitization & reprocessing therapy



THE THERAPY
for when just talking about
your problems
didn't solve them.



Healing for a more practical realignment
of your experiences & sense of self

CAROLYN LEE, LMHC
eye-movement desensitization & reprocessing therapy



*IT'S SHORT-TERM,
BECAUSE IT WORKS.*

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