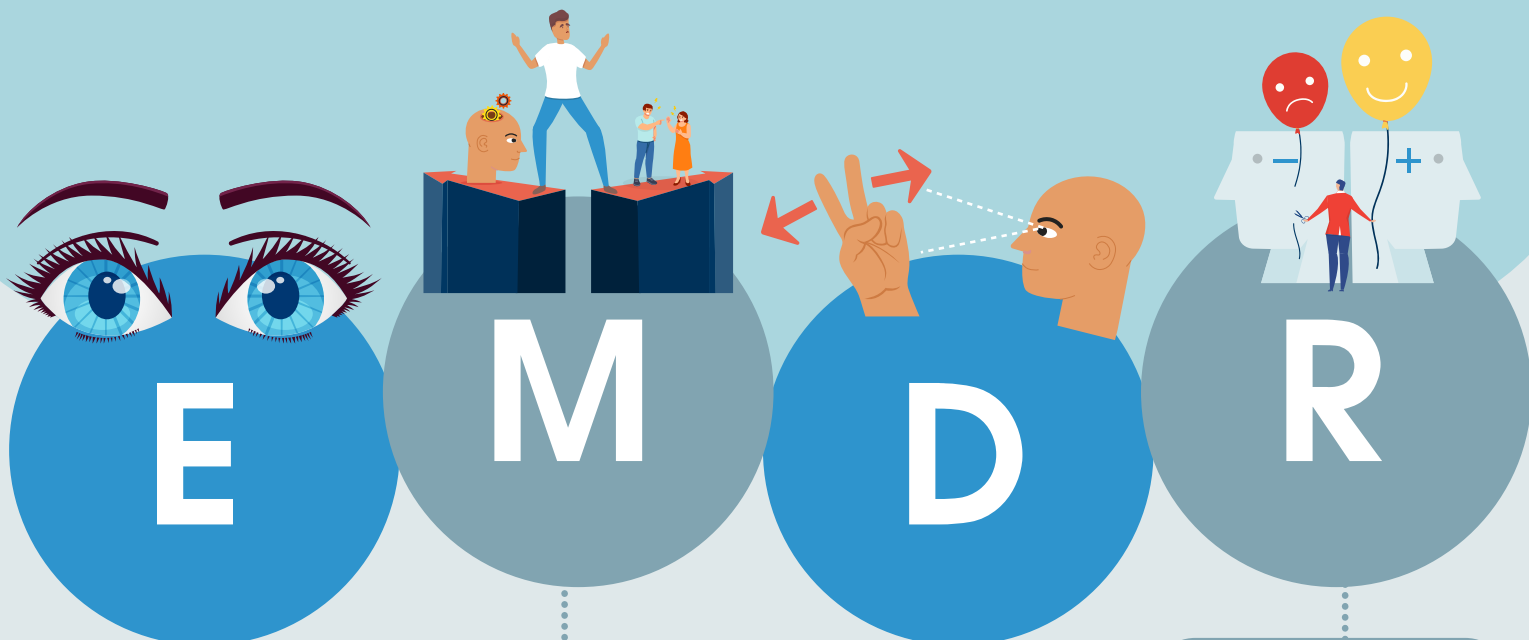


What does EMDR stand for?



EYE

When first developed, EMDR focused on eye movements to facilitate the reprocessing of painful or distressing memories. Today, EMDR therapists use a variety of strategies including touch, eye movement, and self-tapping to assist in desensitization and reprocessing.

MOVEMENT

The eye movements were characterized as “bilateral stimulation” (BLS) which is like REM processing when you sleep. Through this BLS process, clients can metaphorically keep one foot in the therapy room and the other in the memory or distressing event, by means of processing their experiences.

DESENSITIZATION

This is sometimes described as “the magic” of EMDR, where BLS is used to reduce, or desensitize, the impact of painful memories, body sensations, or thoughts from the past. The goal during this part of EMDR is to have the symptoms from an event create a neutral or balanced feeling, where no distress is present.

REPROCESSING

Reprocessing is a term used to describe the incorporation of a new belief about oneself to replace the previous negative beliefs that clients hold about themselves when they initially thought of the incident.