

UNDERSTANDING

EMDR

HOW YOUR BRAIN PROCESSES AND HEALS FROM DIFFICULT EXPERIENCES

EMDR (Eye Movement Desensitization and Reprocessing) is a structured, evidence-based therapy that helps your brain process distressing memories so they no longer feel as overwhelming in the present.

WHY DO MEMORIES GET “STUCK”?

When we experience something overwhelming, our brain may not fully process the memory. It can become “stuck,” along with the emotions, body sensations, and beliefs associated with it.



PROCESSED MEMORIES

- Stored in the right place in the brain
- Remembered, but not overwhelming
- Connected to the past

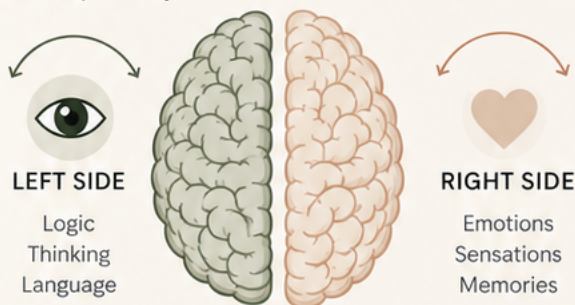


STUCK MEMORIES

- Feel vivid and upsetting
- Strong emotions and physical sensations
- Can trigger as if it's happening again
- May lead to negative beliefs about yourself, others, or the world

HOW EMDR HELPS

During EMDR, we use bilateral stimulation (such as eye movements, tapping, or sounds) to activate both sides of the brain. This helps your brain process the memory and integrate it in a more adaptive way.



The back-and-forth stimulation helps your brain communicate and process the memory so it can be stored in a healthier way.

WHAT TO EXPECT DURING EMDR



COMMON QUESTIONS



WILL I FORGET THE MEMORY?

No. The goal is not to erase the memory, but to reduce the emotional intensity so it no longer feels overwhelming.



WILL I LOSE CONTROL?

No. You are always in control. We go at a pace that feels manageable for you.



DO I HAVE TO TALK ABOUT EVERYTHING?

No. You only share what feels comfortable. EMDR doesn't require you to go into every detail.

WHAT MIGHT CHANGE?



AFTER A SESSION

It's common to notice:

