

The evidence that supports EMDR

EMDR is a widely researched and supported therapy for the treatment of trauma.

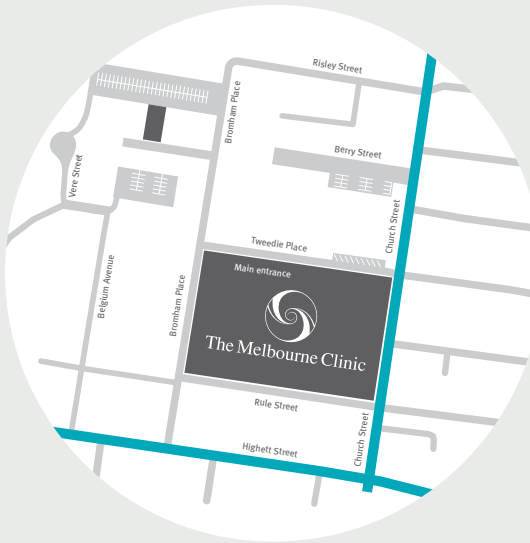
It is endorsed by:

- The World Health Organization (2013)
- The Australian Psychological Society (2010)
- The International Society for Traumatic Stress Studies (2009)
- American Psychiatric Association (2004).

Who could benefit from EMDR Therapy?

While EMDR Therapy was originally developed for PTSD, research is continuing to support its application to a range of other psychological issues, including:

- Anxiety
- Phobias
- Personality disorders
- Chronic pain
- Panic attacks
- Depression
- Complicated grief
- Eating disorders.



The Melbourne Clinic

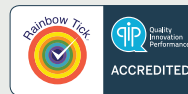
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EMDR Program

Eye Movement Desensitisation
and Reprocessing



What is EMDR Therapy?

EMDR (Eye Movement Desensitization and Reprocessing) Therapy is a psychological treatment highly effective in the treatment of Post-Traumatic Stress Disorder (PTSD), as well as other psychological conditions.

EMDR Therapy is based on the idea that negative thoughts, feelings and behaviours stem from unprocessed memories from stressful or traumatic experiences. EMDR Therapy is a structured treatment that involves focusing simultaneously on:

a) an upsetting issue or traumatic memory and its associated thoughts, feelings and sensations, and

b) bilateral stimulation that is most commonly in the form of repeated eye movements.

This is believed to mimic the natural memory processing characteristics of REM sleep, thus facilitating the brain to successfully process a memory or issue. Once traumatic memories have been desensitized and reprocessed, they no longer have the same negative impact. Memories typically become less vivid and upsetting, intrusive symptoms such as nightmares and flashbacks reduce or cease, and more adaptive beliefs emerge.

The EMDR program at The Melbourne Clinic

EMDR occurs alongside the inpatient group therapy program, with EMDR admissions spanning four weeks. During your stay, you will be scheduled to see your EMDR Therapist for two 90 minute sessions each week. Some patients may only require a single EMDR admission. However, it is not unusual to require two or more admissions to the EMDR program, with breaks of a number of months in between. Treatment planning is an ongoing process and will occur in collaboration with each patient.

Once EMDR sessions have commenced, emotions may be raw, thoughts of the issues are more present and dreams can be more vivid. This is a normal response as the brain continues to process memories in between sessions. You will be encouraged to attend the inpatient group therapy programs and will have the opportunity to speak to clinical staff if you require support in between your EMDR sessions.

The EMDR program

- Identification and mapping of significant life events and traumatic experiences
- Development of resources, coping strategies, and grounding techniques
- Exploration of different aspects of your personality (parts of self)
- Processing of traumatic memories using bilateral stimulation (typically eye movements).

