

# FAQ's

**Is it necessary to tell my therapist all the details about my problems in order for them to be processed?**

- No, it is not necessary to talk about all the details for your experiences to be processed.

**Will I get emotional?**

- Yes, you may. Emotions and sensations may arise during processing; although, you will be prepared and your therapist will help safely manage them. Once they are processed, they rarely come back!

**Is EMDR like hypnosis?**

- No. During EMDR processing, you are present and fully in control.

**Is EMDR a brief treatment?**

- EMDR, as with all treatment approaches, will help you accomplish your goals.
  - The length of time is dependent upon the complexity of your problems.



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# EMDR Therapy

(Eye Movement Desensitization & Reprocessing)

*Humboldt County Memorial Hospital  
Mental Health & Wellness Center*

# What is EMDR?

EMDR stands for "Eye Movement Desensitization & Reprocessing". It focuses on the individual's present concerns. The EMDR approach believes past emotionally-charged experiences are over influencing your present emotions, sensations, and thoughts about yourself. For example, do you ever *feel worthless* although you *know* your a worthwhile person?

EMDR processing helps you break through the emotional blocks that are keeping you from living an adaptive, emotionally healthy life.

EMDR uses rapid sets of eye movements to assist you in updating disturbing experiences, much like sleep does. During sleep, we alternate between regular and REM (rapid eye movement). This sleep pattern helps you process things that are troubling you.

EMDR replicates this sleep pattern by alternating between sets of eye movements and brief reports about what you are noticing. This alternating process helps you update your memories to a healthier present perspective.

## What Is Different About EMDR?



EMDR focuses in the brains ability to constantly learn, taking past experiences, and updating them with present information.



EMDR uses a set of procedures to organize your negative and positive feelings, emotions, and thoughts, and then uses bilateral stimulation, such as eye movements or alternating tapping, as the way to help you effectively work through disturbing memories.

## Treatment Planning

An overall treatment plan will be developed that will accomplish your goals. Within that plan, EMDR, along with other therapy approaches, may be used to achieve the desired outcome.

# The EMDR Session

- You will be asked a set of questions to access and activate the negative experience and the desired adaptive resolution.
- Set of rapid eye movements will be applied.
- You will be encouraged to just "free associate" and allow the brain to work through the experience.
- EMDR processing will continue until the past experience has been updated to an adaptive present perspective.
  - *With long standing issues, this process may take multiple sessions.*

