



## **EMDR Therapy**

In addition to Evergreen Counseling's traditional talk-therapy services, we're also pleased to offer attachment-focused EMDR therapy either as an adjunctive treatment to that work, or as a stand-alone modality for individuals specifically seeking only EMDR therapy.

### **What is EMDR Therapy?**

EMDR stands for eye movement desensitization and reprocessing.

EMDR therapy is [a widely researched](#), evidence-based, and neuroscience-informed integrative therapy that was discovered and further refined to reduce distressing emotional symptoms from a multitude of challenging life experiences including isolated and protracted traumatic experiences, addictions, phobias, and more.

Using bilateral stimulation (be it eye movements, alternating auditory sounds, or bilateral physical sensations - hand buzzers), EMDR works with and aids your brain's natural impulse to synthesize and metabolize maladaptive memories and beliefs that are getting in your way.

The goal with EMDR is to get in touch with maladaptively stored feelings, thoughts, and memories that lie at the root of our trigger responses, but the goal with processing is ultimately to *move through* these feelings and thoughts until we reach a place of zero disturbance when recalling the trauma memory/experience. That resolution combined with the processing of other trauma memories in the same memory channel is what reduces symptomology in our present.

EMDR, simply put, helps your brain and body do what it naturally wants to do: move towards healing.



Here's some more information about what to expect from [EMDR treatment and its attendant phases](#).

### **What issues can EMDR therapy treat?**

Whether it's a single incident event like a car crash, sexual assault, or terrifying plane flight, or if it's a complex and enduring series of events like ongoing, repeated neglect or disdain from an early caregiver, or if it's deeply entrenched self-sabotaging behaviors, EMDR can work well in treating a wide variety of disturbing experiences and adverse life events.

Here is a partial list of issues EMDR can be effective in treating:

- Post-traumatic stress, C-PTSD, developmental trauma, early childhood abuse
- Depression/anxiety/burnout and overwhelm
- Phobias (such as flying, heights, public speaking)
- Addictions (including binge eating, eating disorders, porn, and drinking)
- Performance anxieties (test taking, public speaking, sex)
- Medical traumas (including birth trauma, PPD/PPA, medical neglect)
- Other self-sabotaging patterns not listed, and more.

### **Can I do regular therapy with an Evergreen therapist or just EMDR therapy?**

You can do both. Our Evergreen therapists integrate EMDR into their therapy work when and if it's appropriate and certainly for those who come to see us for EMDR therapy, Evergreen's therapists can weave advanced psychotherapeutic protocols beyond EMDR into your work, too.

We are happy to work with you to design a style of therapy that best suits you and your clinical goals.



## **Do I have to work with my therapist in person? Can we do EMDR online?**

At this time, because of COVID-19, all therapists at Evergreen Counseling are only offering EMDR therapy (as well as all therapy services) online.

[Growing bodies of research](#) suggest that EMDR therapy is still very effective when provided online.

## **But how do we do EMDR online?**

EMDR relies on bilateral stimulation of the brain's hemispheres as part of the protocol. This can look like side to side eye movements that cross the brain's hemispheres, alternating audio tones, or alternating taps/buzzes in the hands.

In pre-COVID times, you would be able to come into our center's offices and use the EMDR machines in our center to achieve that bi-lateral stimulation.

However, in these days of working remotely to protect the health and safety of both therapist and client, our EMDR clients can still achieve wonderful results with bi-lateral stimulation by ordering [these tappers](#) (terrible website, great product). They ship in a few days and are wonderful to have at home to use for bi-lateral stimulation when working with your EMDR therapist. Your EMDR therapist will help you adjust the settings of the buzzers depending on what stage of EMDR you are in and depending on the targets you are processing.

Please note: It is your choice as to which pair on the website you would like to purchase but one thing to consider is that, when and if your therapist needs to deepen and accelerate EMDR reprocessing, it can be helpful and effective to weave in an additional bi-lateral stimulation modality (auditory stimulation) in addition to the buzzers to help facilitate the work. So to that end, if you're torn between which pair to purchase and if you can afford it, please consider getting the pair that also includes audio tones.