

EMDR: EYE-MOVEMENT DESENSITIZATION AND REPROCESSING

A research-based 8 phase approach to psychotherapy that is an evidence based treatment modality for trauma and PTSD



84-90%

of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions



NO MORE PTSD

In a study by Kaiser Permanente, 100% of individuals with single-incident and 70% of individuals with multiple-incident traumas were no longer able to receive the diagnosis for PTSD after six 50-minute sessions

8 STEPS

8 EXAMINE- Discuss progress thus far

7 CLOSURE- Close session with safety

6 BODY SCAN- Notice residual body sensations

5 INSTALLATION- Identify positive belief, link to trauma

4 COGNITIVE DISTORTION- Identify negative self-beliefs

3 TRAUMA TARGET- Identify trauma to be processed

2 RESOURCES- Create a safe space for EMDR

1 HISTORY TAKING- Explore current symptoms



Brittney Doll,
LMFT
www.brittneydoll.com