



## EYE MOVEMENT DESENSITISATION AND REPROCESSING (EMDR)

### Stirling Integrated Community Mental Health Services.

Livilands Resource Centre.  
Stirling Community Hospital.  
Livilands Gate.  
Stirling  
FK8 2AU  
Tel: 01786 446913

#### Referral Criteria:

The Resource Centre offers treatment for people who have been assessed and meet our criteria for a moderate/severe mental health problem which can be treated within our group programme

Please note: to access the Resource Centre and the treatment programme a referral needs to be made via a GP, Consultant Psychiatrist or other NHS mental health team.



## **What is EMDR?**

The mind can often heal itself naturally, in the same way as the body does. Much of this natural coping mechanism occurs during sleep, particularly during rapid eye movement (REM) sleep. Francine Shapiro developed Eye Movement Desensitisation and Reprocessing (EMDR) in 1987, utilising this natural process in order to successfully treat Post-traumatic Stress Disorder (PTSD). Since then, EMDR has been used to effectively treat a wide range of mental health problems.

## **What can EMDR be used for?**

In addition to its use for the treatment of Post-traumatic Stress Disorder, EMDR has been successfully used to treat:

- ❖ Anxiety and panic attacks
- ❖ Depression
- ❖ Stress
- ❖ Phobias
- ❖ Sleep problems
- ❖ Complicated grief
- ❖ Addictions
- ❖ Pain relief, phantom limb pain
- ❖ Self-esteem and performance anxiety

Can anyone benefit from EMDR?

EMDR can accelerate therapy by resolving the impact of your traumas and allowing you to live more fully in the present. It is not, however, appropriate for everyone. The process is rapid, and any

disturbing experiences, if they occur at all, last for a comparatively short period of time. nevertheless, you need to be aware of, and willing to experience, the strong feelings and disturbing thoughts, which sometimes occur during sessions.

## **Will I remain in control and empowered?**

During EMDR treatment, you will remain in control, fully alert and wide-awake. This is not a form of hypnosis and you can stop the process at any time. Throughout the session, the therapist will support and facilitate your own self-healing and intervene as little as possible. Reprocessing is usually experienced as something that happens spontaneously, and new connections and insights are felt to arise quite naturally from within. As a result, most people experience EMDR as being a natural and very empowering therapy.

## **How long does the treatment take?**

EMDR can be brief focused treatment of part of a longer psychotherapy programme. EMDR sessions can be for 60 to 90 minutes.

## **What evidence is there that EMDR is a successful treatment?**

EMDR is an innovative clinical treatment which has successfully helped over a million individuals. The validity and reliability of EMDR has been established by rigorous research. There are now nineteen controlled studies into EMDR making it the most thoroughly researched method used in the treatment of trauma, ( details on [www.emdr-europe.org](http://www.emdr-europe.org) and [www.emdr.org](http://www.emdr.org) ) and is recommended by the National Institute for Health and Clinical Excellence (NICE) as an effective treatment for PTSD.