

EMDR or Eye Movement Desensitisation and Reprocessing Therapy has been proven to be effective in the treatment of trauma and anxiety disorders and, along with trauma based CBT, is recognised by the National Institute for Health and Care Excellence (NICE) as one of the recommended treatments for Post-Traumatic Stress Disorder.

EMDR uses the natural healing ability of your body. After a thorough assessment, you will be asked specific questions about a particular disturbing memory. Eye movements will be created simply by asking you to watch the therapist's finger moving backwards and forwards across your visual field. You will then be asked to report back on the experiences you have had during each of these sets of eye movements. Experiences during a session may include changes in thoughts, images and feelings.

With repeated sets of eye movements, the memory tends to change in such a way that it loses its painful intensity and simply becomes a neutral memory of an event in the past. Other associated memories may also heal at the same time. The linking of related memories can lead to a dramatic and rapid improvement in many aspects of your life.