



EMDR THERAPY

HERE IS SOME INFO THAT YOU MAY FIND HELPFUL IN UNDERSTANDING TRAUMA AND HOW EMDR CAN HELP ADDRESS UNRESOLVED TRAUMA

1 EMDR...WHAT IS IT?

Let's talk about EMDR — short for Eye Movement Desensitization and Reprocessing. It's a powerful, evidence-based therapy for folks who've been through hard or overwhelming experiences. That could be one big event or a build-up of smaller, painful moments — EMDR helps your brain finally put that stuff *somewhere it can rest*.

This isn't talk therapy in the traditional sense. During EMDR, we'll guide your brain to do what it already knows how to do: heal. You won't need to rehash every detail or make sense of it all out loud. Your job is simply to notice what comes up — and my job is to hold the space for you, gently and without judgment.



2 HOW TRAUMA MEMORIES WORK

Regular memories get stored neatly away in the brain. But trauma memories? They tend to get stuck, unprocessed, and raw. That's why they can feel like they're still happening — your nervous system doesn't know the danger is over.

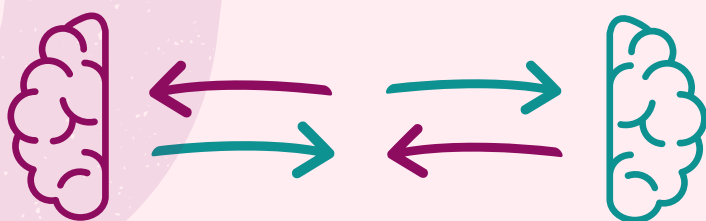
This unprocessed state means trauma can be easily re-triggered, even by unrelated events or cues. EMDR helps shift those stuck memories out of "fight or flight mode" and into the part of your brain that knows you're safe now.

3 WHAT ARE THE "EYE MOVEMENTS" ABOUT?



We use something called ***bilateral stimulation*** — which just means activating both sides of your brain, often with eye movements, tapping, or sound. It's kinda like giving your brain a rhythm to process to. While you're focusing on a memory, I'll introduce bilateral stimulation through eye movements, with vibrating pulsars held in your hands, or via alternating sounds with headphones, based on what's most comfortable and accessible for you.

This back-and-forth rhythm helps your brain *re-file* distressing memories — so they're no longer on emotional speed-dial.





WHAT HAPPENS IN AN EMDR SESSION?

EMDR follows a structured process that can feel surprisingly gentle once you're in it:

- Preparation: We build trust, safety, and tools to ground you. No rushing. We go at your pace.
- Processing: You bring up a memory or feeling, and we activate bilateral stimulation while you notice whatever arises — emotions, sensations, images. No need to analyze or control the experience.
- Installation: When the charge softens, we work on planting a new, more affirming belief — like, “I’m safe now,” or “I’m worthy of care.”



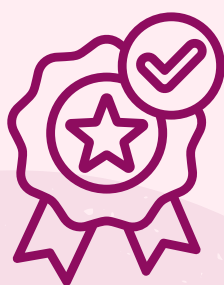
WHAT MIGHT I FEEL AFTER?



You might feel lighter. You might feel tired. You might feel... kind of everything. That's all normal. After EMDR, it's normal to feel a range of emotional or physical reactions — even up to a day or two later. Your brain is still doing the work of organizing and processing.

You might feel tired or experience new memories or insights. This is part of your healing process. Take note of what comes up, and we can explore it together in our next session.

Just like running a marathon, EMDR can be intense, so self-care after a session is important. Be gentle with yourself. Maybe you journal, maybe you nap, maybe you put on your comfiest hoodie and binge a comfort show — whatever self-care looks like for you.



WHAT DOES RESEARCH SAY ABOUT EMDR?

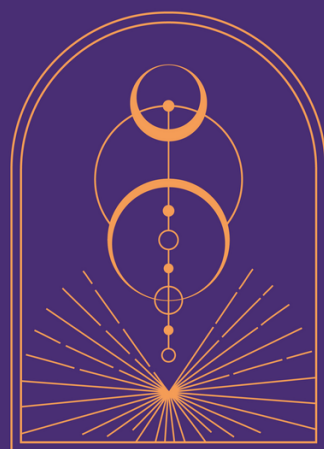
EMDR is one of the most well-researched therapies for trauma and PTSD. Clinical studies have consistently shown it to be effective.

It's recognized as a best-practice treatment by organizations such as:

- The World Health Organization (WHO)
- The American Psychological Association (APA)
- The U.S. Department of Veterans Affairs

If you'd like to learn more, check out: www.emdria.org.

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