

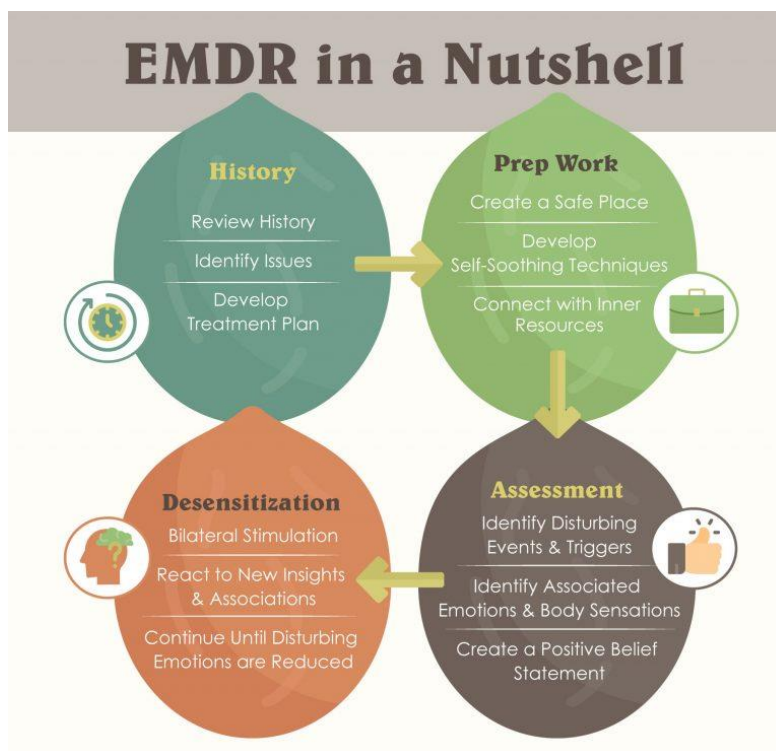
## EMDR: Eye Movement Desensitisation and Reprocessing.

### What to expect during the EMDR experience?

*You have decided you'd like to try EMDR as part of your therapeutic journey and have discussed this with your therapist. The therapist will ask you many questions to assess your suitability for EMDR and support you along the way. Here are some important things to know about the process:*

#### The EMDR process:

- ❖ EMDR has eight phases including, assessment, preparation, desensitisation and reprocessing, and closure. Each phase may occur in a single or multiple sessions.
- ❖ The assessment process can take from 2-4 sessions depending on the complexity of your personal history and needs.
- ❖ The number of sessions required depends on individual need and can be discussed with your therapist.
- ❖ Sessions usually take 60-90 minutes (please check with your therapist or reception regarding fees for 90-minute sessions)



#### What to expect from your therapist:

- ❖ Resourcing forms part of the process – this means that the therapist will install positive memories and regulation strategies with you before processing memory in order to support your safety and wellbeing during sessions.
- ❖ Bringing up past traumatic memories can be triggering and difficult to manage. Your safety is the most important element of the process. The therapist will monitor your sense of safety and wellbeing throughout the process and has strategies to support you

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to manage any triggers that arise. You will have a safe place and safe word as well as a stop signal to access throughout the process.

- ❖ You will be seated close to your therapist. Like trains passing, you will almost sit side by side. The therapist will check in with you regarding your comfort levels prior to doing this.
- ❖ Sometimes the therapist may engage in tapping as part of the bilateral stimulation. The tapping usually occurs by sitting in front of you and tapping your knees. The therapist will ask your permission before engaging in this technique. If you don't feel comfortable with this, let your therapist know.
- ❖ Your therapist will inform you of each step as it arises and will also ask you if you have any questions.

### What is expected from you during the EMDR process:

- ❖ The therapist is not there to heal you, believe it or not, you heal yourself! The therapist is there to support you as you process traumatic experiences that are impacting on your daily life. It is you that does the healing!
- ❖ EMDR requires your full commitment. Attending regular appointments is important to ensure that memories are fully processed, and your wellbeing is enhanced.
- ❖ The therapist will provide you with self-care and support strategies to enhance the healing process. It is important that you practice these to ensure they stay with you over time. The brain requires repetition in order to remember new tasks and coping strategies, so using these techniques daily is an important part of your healing.
- ❖ Keep a record of your progress. The therapist will provide you with a log sheet to record any new memories, thoughts, sensations or dreams that arise. Please record these and bring with you to sessions.
- ❖ Processing traumatic memories can continue outside of sessions. Ensure you engage with someone outside of sessions for support – a spouse, friend, sibling, or parent, for example, who can provide support to you should you feel any distress arise. Please provide them with some information on EMDR so they understand what you are undertaking. There are also some support numbers listed below.
- ❖ REMEMBER: this is your space. Be sure to ask your therapist if you are unsure about any aspect of the process.

### Additional support numbers:

- Lifeline: 13 11 14 or <https://www.lifeline.org.au/>
- Kids Helpline: 1800551800 <https://kidshelpline.com.au/>
- 1800 Respect: [Home | 1800RESPECT](#)
- LETSS – Lived Experience Telephone Support Service: 1800 013 755 or [www.letss.org.au](http://www.letss.org.au)
- Mensline: <https://mensline.org.au/> or 1300 78 99 78
- Rainbow line: <https://rainbowline.org/>
- QLife: 1800 184 527 or <https://www qlife.org.au/>
- Suicide call back service: 1300 659 467 or <https://www.suicidecallbackservice.org.au/>