



The EMDR Process

Eye Movement Desensitising & Reprocessing

1. Issues

Identify issues
How these effects daily life
Discuss a treatment plan

2. Preparation

Establish safety
Connect with inner resources
Develop self-soothing techniques



4. Assess

Identify events & triggers
Emotions & body sensations
Create positive belief statement

3. Desensitisation

Bilateral stimulation
React to new insights + associations
Continue until distressing emotions are reduced

Visit www.beyondeap.co.uk/emdr to find out more

