



## 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](http://www.beyondeap.co.uk/emdr) to find out more

