

Eye-Movement Desensitization and Reprocessing (EMDR)

Target Population

EMDR is most often used with adults but is also proven effective with children and teens. Individuals who have a history of trauma and display emotional difficulties and symptoms related to trauma are ideal candidates for this treatment. This treatment is provided by an EMDR trained clinician.

Treatment Setting

This treatment was created to be implemented in varying settings.

Length/Frequency of Treatment

EMDR consists of 60-90 minute sessions. The number of sessions and length is determined by the clinician and individual seeking therapy.

Referral Process

Outpatient providers delivering EMDR can be accessed by calling the providers in the provider directory or contacting Member Services.

Website:

<https://www.emdria.org/default.aspx>

Overview

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a psychotherapeutic intervention used to help clients who have experienced trauma process and address symptoms related to traumatic memories. EMDR is conducted by clinicians who have been trained in EMDR. Clinicians work with individuals to identify traumatic memories, learn coping/grounding skills, and facilitates processing of traumatic memories and distressing feelings through the use of techniques to stimulate rapid eye movement and/or bilateral stimulation (repetitive rhythmic sounds, movement, or touch occurring in a side-to-side manner).

Core Components

EMDR is comprised of **eight phases:**

- 1) Phase 1:** The clinician spends 1-2 sessions collecting a detailed history of the client and developing a treatment plan.
- 2) Phase 2:** During this phase, the clinician teaches the client skills for managing emotional distress and provides more information about the process of EMDR.
- 3) Phase 3-6:** The clinician and client will identify a target traumatic memory and engage in processing and reprocessing.
- 4) Phase 7:** Closure occurs at the end of each session and involves the client recording experiences between sessions and potential calming techniques for each experience.
- 5) Phase 8:** This phase involves the clinician and client examining the progress made, as well as past, present, and future issues that require processing.

For more information visit:

<https://www.emdria.org/default.aspx>