



WHAT IS EMDR THERAPY?

EMDR (Eye Movement Desensitization and Reprocessing) is a structured psychotherapy used to treat clients who have experienced traumatic and disturbing life experiences. The therapy treats symptoms and optimizes the client's ability to respond adaptively to their challenges, gaining a sense of empowerment. Successful EMDR treatment helps to relieve emotional distress, reformulate negative beliefs and reduce physiological arousal.

EMDR is an information processing therapy technique that follows an eight-phase treatment approach. The trained EMDR therapist works closely with the client during each phase. The initial two phases focus on understanding the presenting problem and establishing the suitability of EMDR as a treatment modality.

Phase 3 is the start of more intensive therapy, where the client focusses on a targeted memory and/or image, while simultaneously experiencing bilateral stimulation (typically eye movement). This allows their brain to process memories that may have been 'blocked', causing distress when triggered. During EMDR therapy the brain begins to process stored information, moving it towards a state of resolution ('unblocking'). This processing will commonly continue for hours or days (24-48hrs) after the therapy session.

Clients are recommended to engage in adaptive coping and distraction techniques following their sessions. Examples include meditation, yoga and personal self-care strategies.

WHAT MENTAL HEALTH CONDITIONS ARE TREATED?

EMDR has a strong evidence base for effectively treating post-traumatic stress disorder (PTSD). Other areas in which EMDR has been used successfully, include:

- Depression
- Anxiety
- Panic attacks
- Simple Phobias
- OCD
- Complicated grief
- Pain disorders
- Body dysmorphic disorders
- Eating disorders

WHAT ARE THE ADVANTAGES OF EMDR THERAPY?

- Symptom-focused treatment conducted within therapy sessions. Comparable efficacy to exposure therapy and other trauma therapies, but achieved in shorter time-frames.
- Better tolerated by clients than exposure therapy.
- Clients do not have to talk in detail about their trauma.
- Long-lasting results post conclusion of treatment.

WHAT IS THE PROCESS FOR HAVING EMDR THERAPY AT AWAREHUB?

- Clients interested in EMDR should send through a valid referral from their GP or treating psychiatrist recommending EMDR therapy.
- Our reception staff will email you a form to complete and return as soon as possible. This will assist our clinician to determine whether EMDR is the best treatment for you.
- Following this step, an initial two sessions will be booked with our EMDR therapist.
- Due to the high demand for EMDR therapy, we require that all sessions are paid at the time of booking.
- Your Medicare rebate will be processed following your therapy session.
- The initial two sessions are required for our therapist to understand the nature of your problem and to decide whether it is the appropriate time for you to commence more intensive EMDR therapy sessions. These two sessions will each run for 60 minutes.
- Further sessions (desensitisation sessions) will be 90 minutes.
- If you agree to proceed, you will be booked in for a total of 6 sessions. These will need to be at least once a week.
- To accelerate treatment, processing sessions can be scheduled on consecutive days, rather than weekly.
- Your unique presentation and life circumstances will determine how many treatment sessions are necessary. EMDR is typically delivered once or twice a week for a total of 6-12 sessions.

We highly recommend carefully considering your current commitments and availability prior to commencing EMDR therapy.



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