EMDR Explainer

Understanding your Eye Movement Desensitisation and Reprocessing (EMDR) sessions at Gateway Psychology

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Eye Movement Desensitisation and Reprocessing (EMDR) is a type of therapeutic intervention. It is designed to help people recover from traumatic events in their lives.

EMDR aims to help the brain “unstick” and reprocess the memory properly so that it is no longer so intense. It also helps to desensitise the person to the emotional impact of the memory, so that they can think about the event without experiencing such strong feelings.

EMDR can be adapted depending upon the specific needs and developmental stage of your child or adolescent. For example, pictures may be used instead of words, or the therapist may write a story or narrative about the traumatic events to make the therapy more accessible to children who are struggling to talk about the trauma.

https://emdrassociation.org.uk/a-unique-and-powerful-therapy/emdr-the-basics/

What are EMDR sessions like?

Once your clinician has got to know you and your child or young person, and the relationship feels safe, they will begin the EMDR therapy.

Your clinician will ask the child or young person to recall the traumatic event while they also move their eyes from side-to-side, hear a sound in each ear alternately, or feel a tap on each hand alternately.

These side-to-side sensations seem to effectively stimulate the “stuck” processing system in the brain so that it can reprocess the information more like an ordinary memory, reducing its intensity.



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How is progress monitored?



You and your clinician will meet regularly to review the EMDR sessions and discuss how best to meet your family's needs.

We also undertake outcome measures to help monitor progress. You will need to fill out some questionnaires, usually at the beginning and end of the intervention.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about your EMDR sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this EMDR Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc.

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Our contact information

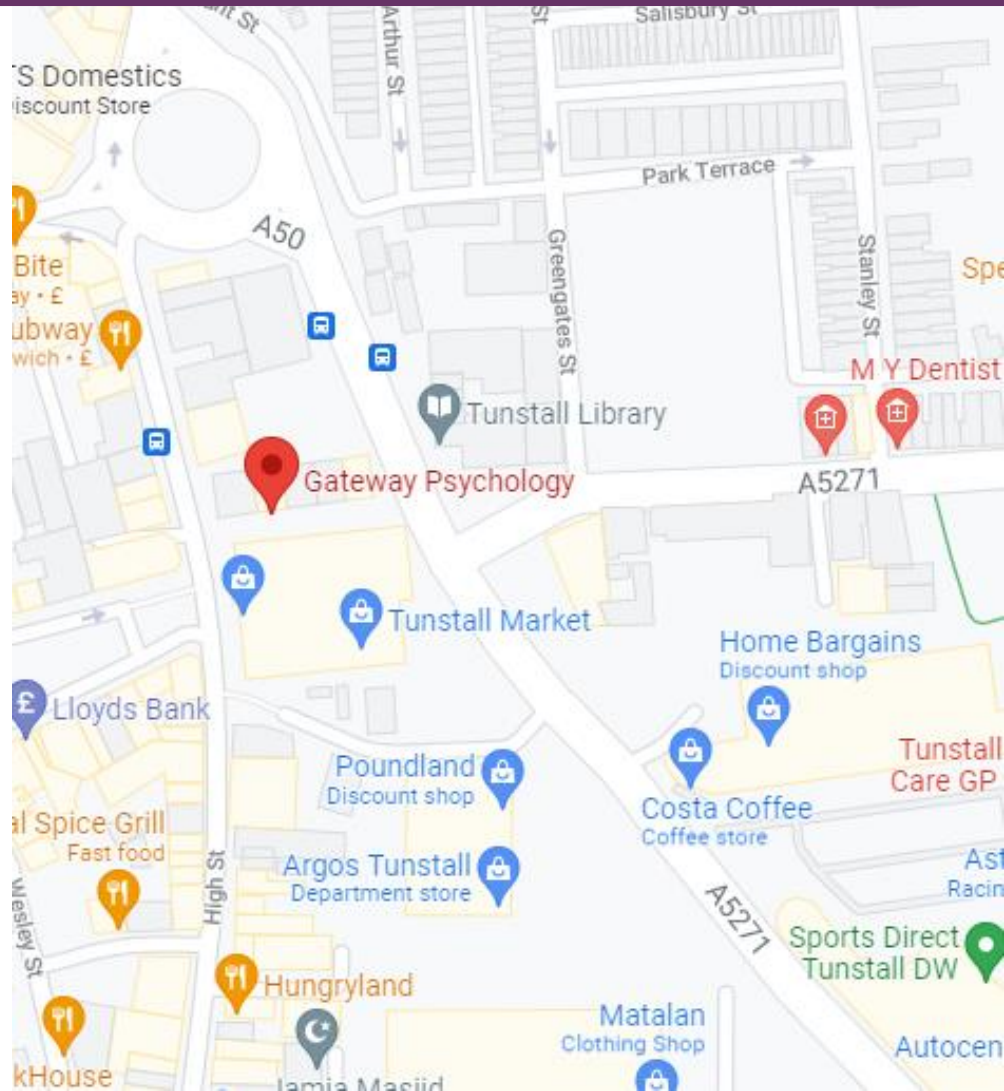
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