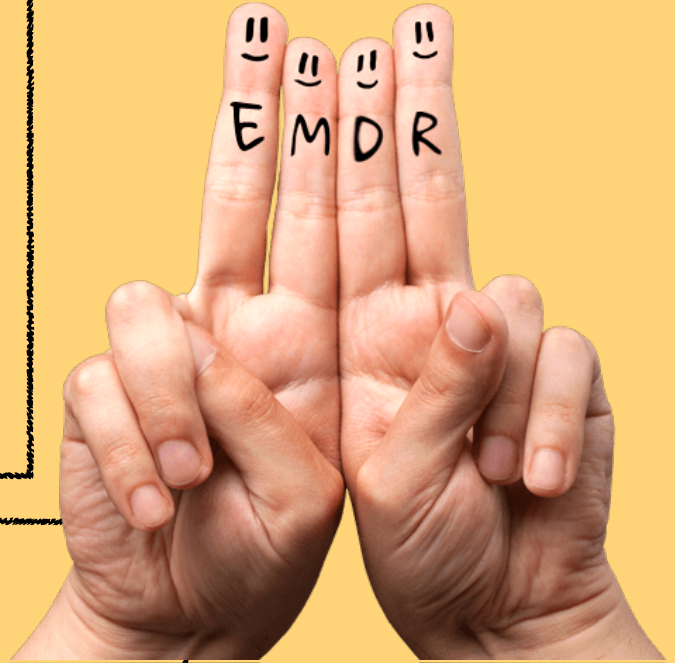


Eye Movement Desensitisation & Reprocessing

WHAT IS IT?

EMDR was developed by Francine Shapiro in 1989 and became extremely effective in those suffering from post traumatic stress disorder. During the sessions, the patients will think about their traumatic and triggering experiences whilst the therapist directs their eye movements which is extremely effective in patients experiencing PTSD.

Over several sessions, normally up to 12, this technique will reduce the distressing emotion from the trauma.



COMMON SYMPTOMS (THOUGHTS, FEELINGS, PHYSICAL, BEHAVIOURAL) -

THOUGHTS:

- Feeling like you have to keep busy
- Avoiding anything that reminds you of the trauma
- Being unable to remember details of what happened
- Being unable to express affection

FEELINGS:

- Feeling like you can't trust anyone
- Feeling like no where is safe
- Blaming yourself for what happened
- Overwhelming feelings of anger, sadness, guilt

PHYSICAL:

- Being jumpy or easily startled
- Panicking when reminded of the trauma
- Finding it hard to concentrate
- Other symptoms of anxiety

BEHAVIOURAL:

- Nightmares
- Vivid flashbacks
- Intrusive thoughts or images

WHAT ARE THE SIGNS?

People with PTSD can experience very severe nightmares which effects their everyday life and also they may feel very anxious, this is why they may avoid being reminded of their traumatic event whenever they can.

IT HAS BEEN FOUND THAT 2 MILLION PEOPLE IN THE UK ARE AFFECTED WITH PTSD.

1 IN 4 OF THOSE WITH PTSD GET TREATMENT AND £400K IS SPENT ON RESEARCH EVERY YEAR WITH PTSD.

PHASE EIGHT:

The last stage involves evaluating the whole process over the sessions and how you may feel now compared to starting treatment

PHASE ONE:

In phase one, the therapist reviews the patient history and decides where you are in the process; evaluation also involves speaking about the trauma and identifying traumatic aspects to treat

PHASE FOUR – SEVEN:

During these phases it involves being asked to focus on a negative thought or image. Whilst doing this, your therapist will stimulate specific eye movements; this is known as the bilateral stimulation

FORMULATION

PHASE THREE:

This is the assessment phase where the psychologist will identify the memories that will be targeted for each memory, for example, when remembering the trauma, the specific sensations that may occur

PHASE TWO:

Phase two involves preparation, where the therapist helps the patient to learn several ways to cope with emotional or psychological stress; for example, by using mindfulness or deep breathing sessions

KEEPING WELL IN THE FUTURE:

There are several ways to keep well in the future from having post traumatic stress disorder; this can include:

Joining a PTSD support group, learning about the condition, avoiding alcohol and drugs, practicing relaxation techniques and spending time with supporting people

BENEFITS OF EMDR:

- You don't have to explain every detail of your trauma which is beneficial if you have trouble discussing it
- EMDR is for everyone, not just those who are suffering
- It can be quite a brief treatment
- It helps restore a positive outlook on life and the depression and anxiety decreases which regularly occurs in those experiencing PTSD

USEFUL WEBSITES / PODCASTS

By keeping well in the future it is also said to be a good idea to listen / read podcasts or websites that show people who have or are going through the same thing as you, this shows that you are not alone and people are in the same position as you.

Podcast No.1 - 'Life After PTSD' explaining the treatment they have gone through and how people are living a fairly normal life now, free of trauma.

Podcast No. 2 - 'PTSD: People, Trauma and Stress Discussed' - Crystal Farley and Heather. - Two women speaking about their journey of PTSD.

Not only are there podcasts on PTSD from recent accidents but also from combat due to the psychological and physiological pain.

One useful website about PTSD and EMDR is <https://www.ptsd.va.gov/> - if family and friends are struggling or you are struggling yourself and need treatment there is useful information about how things can improve.

