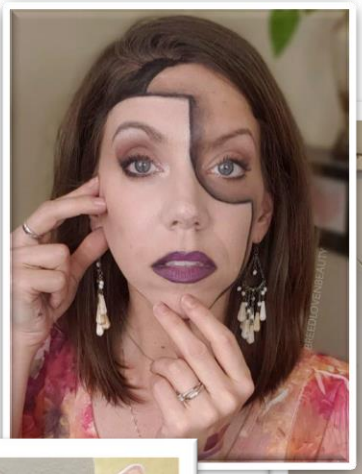
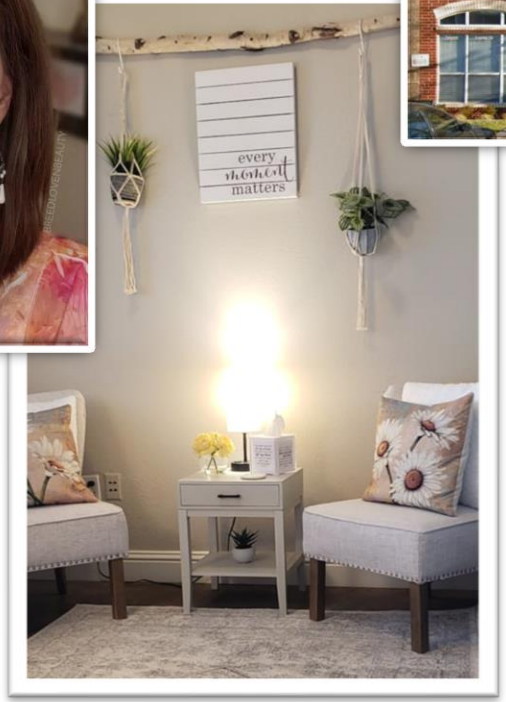
EMDR

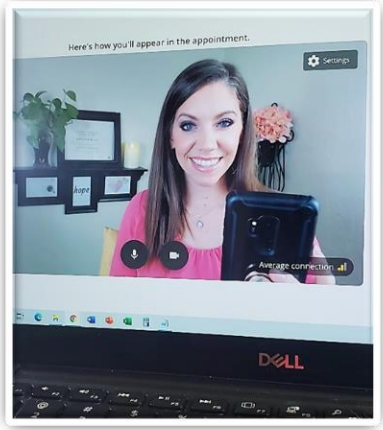
Eye Movement Desensitization and Reprocessing

Carrie Breedlove MS, LPC
EMDR Trained
BREEDLOVE COUNSELING, PLLC

Carrie Breedlove MS, LPC
EMDR Trained







EMDR Overview

WHAT IS IT

HOW DOES IT COMPARE WITH OTHER THERAPY STYLES

HOW DOES IT EFFECT THE BRAIN

WHO CAN BENEFIT

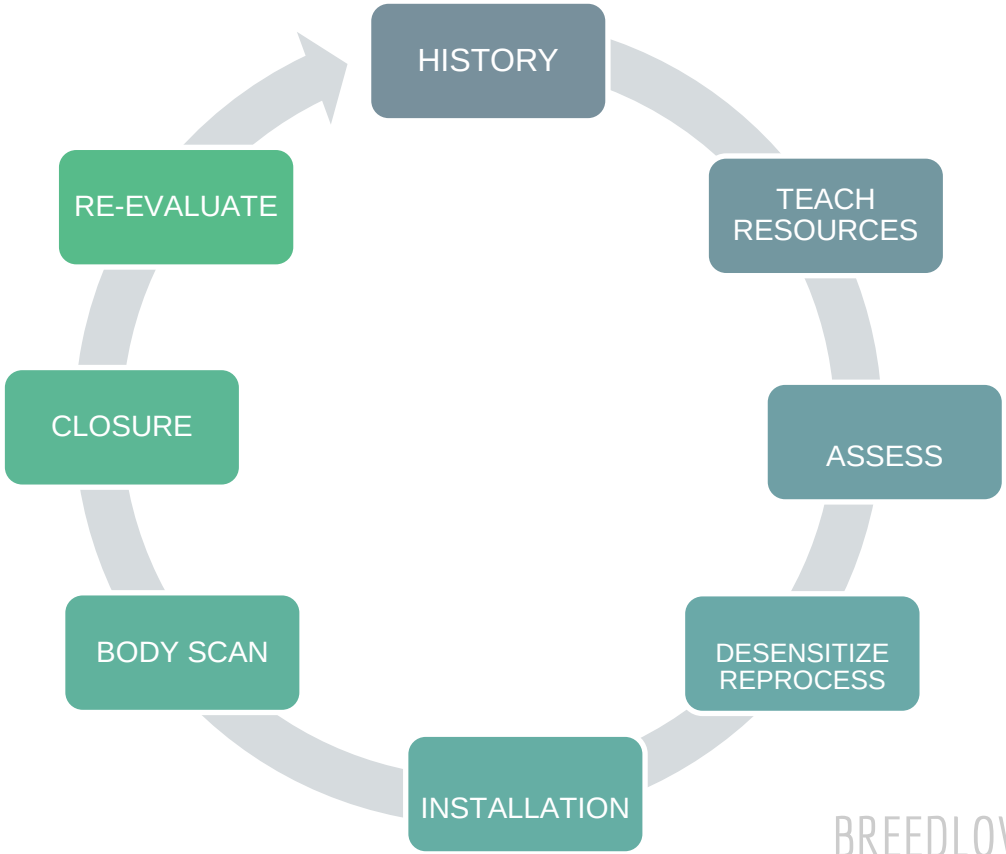
BREEDLOVE COUNSELING, PLLC

WHAT IS EMDR?

EYE MOVEMENT DESENSITIZATION AND REPROCESSING

- Created by Francine Shapiro 1987
- One of the most researched therapies
- Recognized as an evidence based therapy
- Eight phase process

EMDR: 8 Phases



EMDR vs Other Therapy Styles

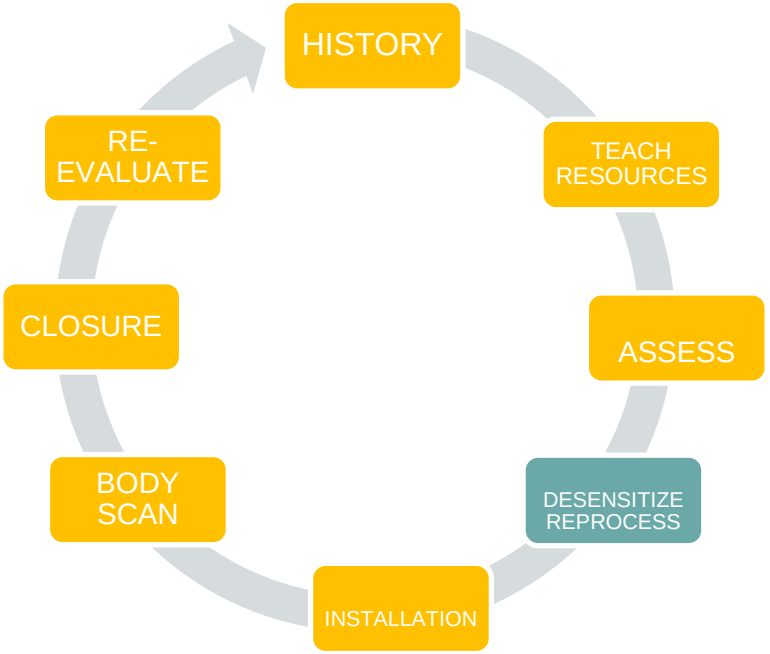
DIFFERENCES

- Not as much talking in detail about the distressing issues
- Less homework required between sessions
- Focus on brain processing and resuming the natural healing process vs focusing on only changing thoughts/behaviors
- Sometimes fewer sessions required, depends on the individual and their history

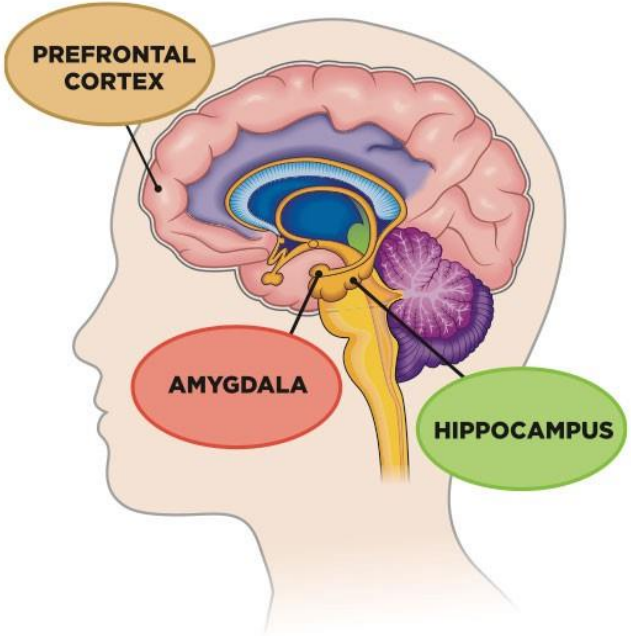
EMDR vs Other Therapy Styles

SIMILARITIES

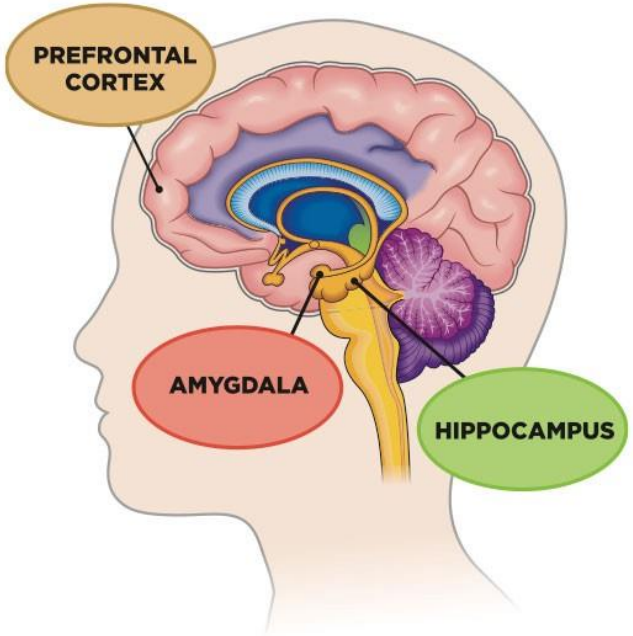
- History taking
- Assessments
- Goal setting and treatment planning
- Linking with resources and supports
- Teaching helpful skills to handle big emotions
- Debriefing and reassessing
- Helping you to see yourself and difficult circumstances in new ways



EMDR: How it effects the brain



EMDR: How it effects the brain



EMDR: Window of Tolerance

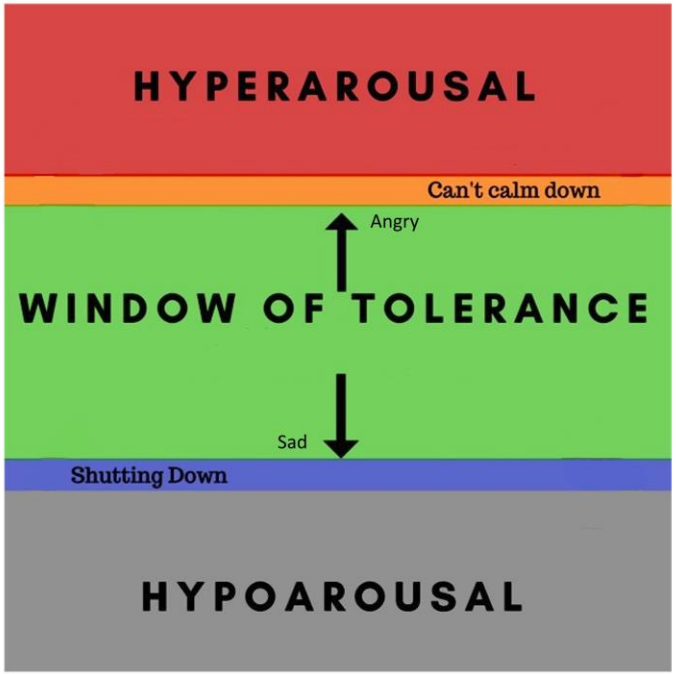
EMDR: Window of Tolerance

HYPERAROUSAL

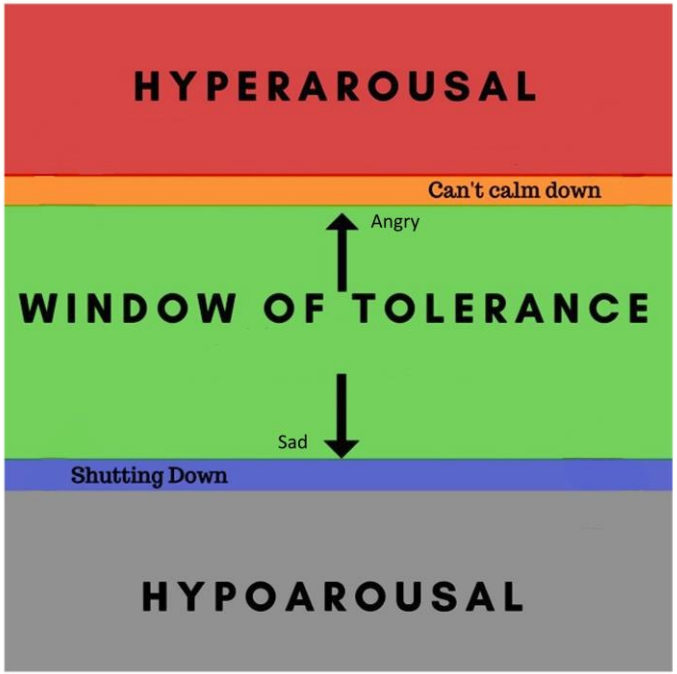
EMDR: Window of Tolerance

HYPOAROUSAL

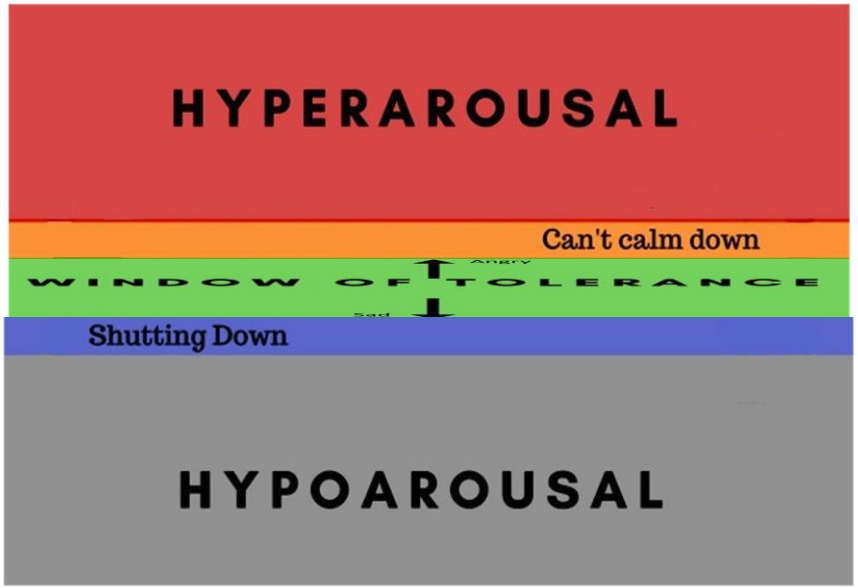
EMDR: Window of Tolerance



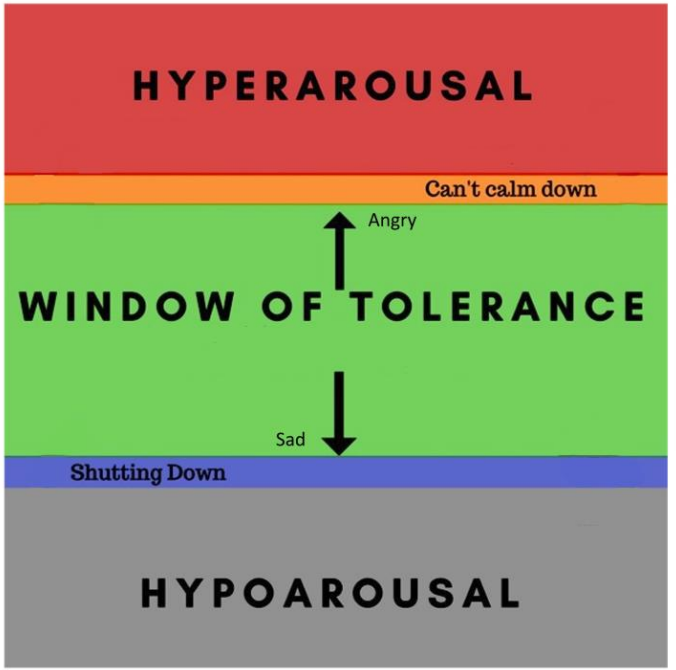
EMDR: Window of Tolerance



EMDR: Window of Tolerance



Before EMDR



After EMDR

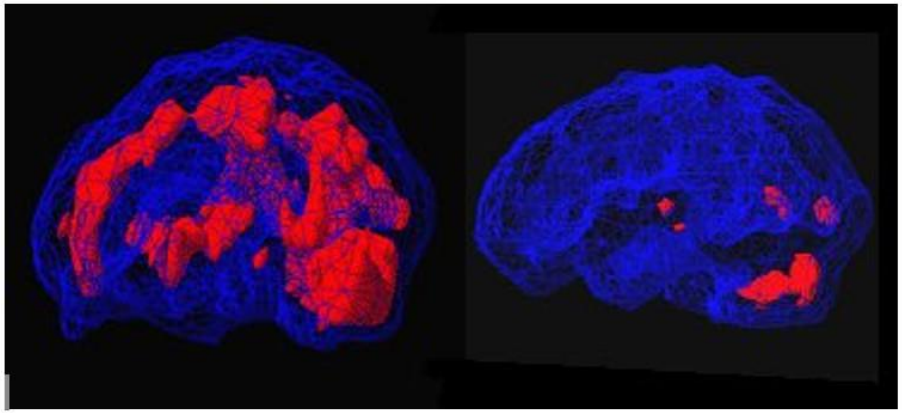
EMDR: Window of Tolerance

Before EMDR

After EMDR

EMDR: Brain scans

POST-TRAUMATIC STRESS DISORDER



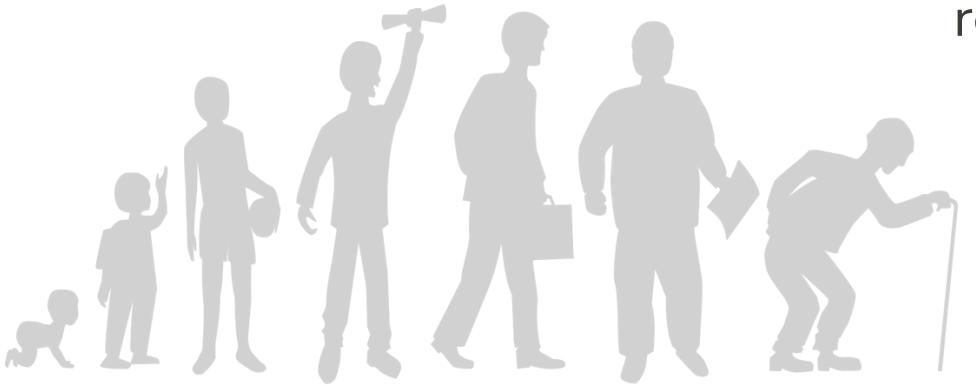
BEFORE EMDR AFTER EMDR

The left photo shows a woman with PTSD.
The right photo shows the same woman after four 90 minute EMDR Therapy sessions.
The red areas indicate over-activity in the brain.

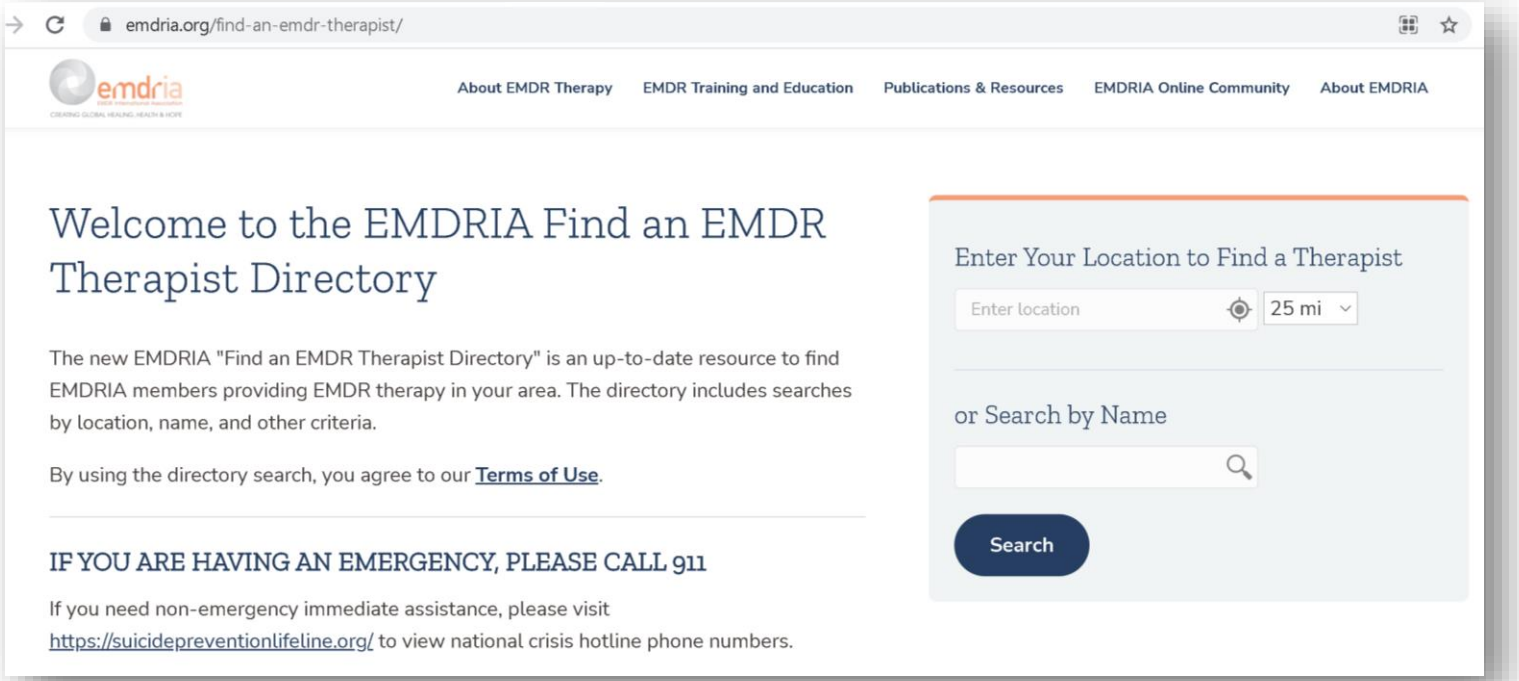
Photo by Dr. Daniel Amen

WHO CAN BENEFIT FROM EMDR?

- Anxiety, panic attacks, and phobias
- Chronic Illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders
- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- PTSD and other trauma and stress-related issues



EMDR: How to find a therapist



https://www.emdria.org/find-an-emdr-therapist/

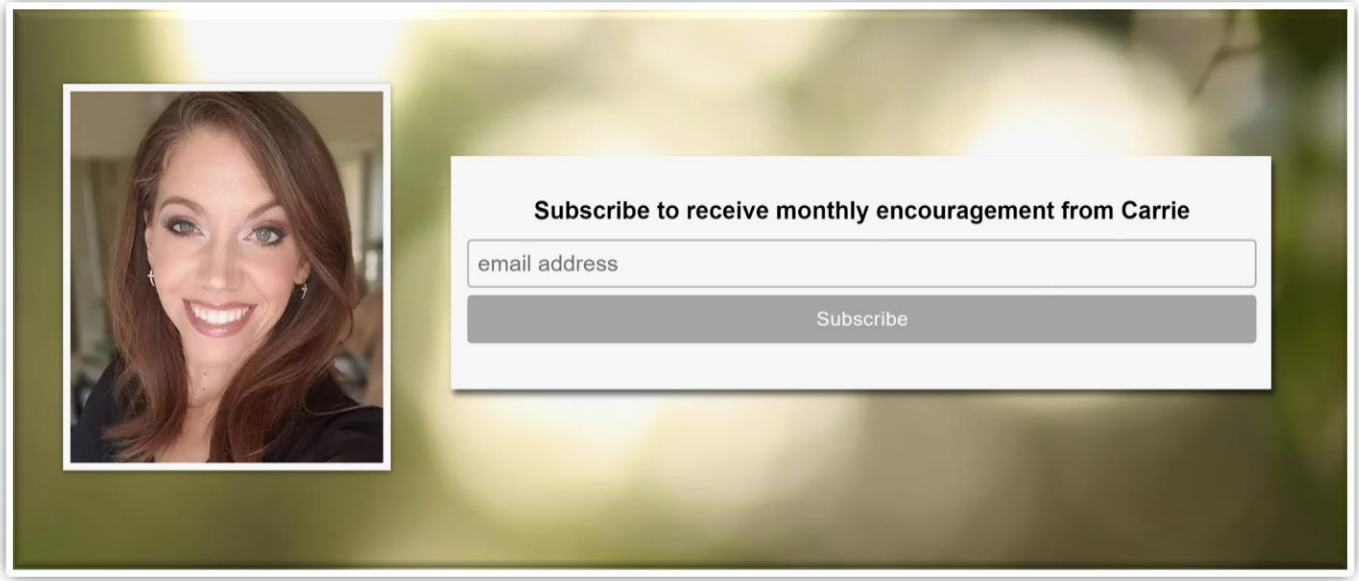
REFERENCES

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.).

EMDR International Organization. (1995-2021). Creating Global Healing, Health, and Hope. https://www.emdria.org/

Shapiro, F. (2001). Eye movement desensitization and reprocessing (EMDR): Basic principles, protocols, and procedures. New York: Guilford Press.

Sign-up to get monthly resources and encouragement!



https://www.breedlovecounseling.com/email-list

BREEDLOVE COUNSELING

Finding JOY on the unchosen journey

CARRIE BREEDLOVE MS, LPC
EMDR Trained
Christian based therapy for women
Life transitions/life Loss

940-448-0298

CARRIE@BREEDLOVECOUNSELING.COM

Free 20 min phone/video consults at:
https://www.breedlovecounseling.com/