



EMDR : Highly effective therapy for a variety of Psychological and Emotional Problems

If you feel tormented by ANXIETY, OCD, FEAR, PHOBIA or DEPRESSION because of something you suffered in the past, and as a result are less happy than you should be, you may be interested to read about this amazing therapeutic technique called EMDR. Many will have read the Daily Mail's recently published article called "How you can erase painful memories just by moving your eyes" which goes on to discuss this increasingly popular type of therapy and how it can diminish negative memories and help your wellbeing.

EMDR is a fast and effective technique which makes use of eyes and eye movements to process past traumatic events which have led to Fears, Phobias, Anxiety and / or Depression.

EMDR stands for Eye Movement Desensitization and Reprocessing – the eyes are used to stimulate parts of the mind whilst the client tries to focus on an image which visually describes the worst part of their traumatic event. They are first desensitized to the image and how they felt about themselves when they recall the memory of that event, and then a positive thought and feeling is reprocessed into the client's mind, leaving them unable to feel the trauma of the event in their body or access a clear picture of it in their mind, and feeling more confident, calm and positive about that event.

With a simple series of rapid eye movements, practitioners can access the very source of anxieties and remove the fear, phobia, anxiety or negative feeling causing depression. It's swift, effective and the results are long-lasting. The technique is being used by an increasing number of hypnotherapists, psychotherapists and psychiatrists because it targets the root cause rather than treating the symptoms. Instead of undergoing months or even years of therapy, you can stimulate the mind to reprocess disturbing information very quickly. The effects can be very swift and clients are often amazed at the results.

But what precisely is EMDR and how does it work? It's a pretty simple technique where the client sits in a comfortable chair, allows themselves to go into a light hypnotic trance or to feel deeply relaxed and is guided by the therapist to focus on the anxiety or traumatic memory. The therapist moves his/her fingers in an arc a comfortable distance in front of the client's eyes -rather like the pendulum of a clock. The client is guided to follow the movement whilst focusing on an image which best illustrates the most traumatic part of the event for them, whilst also noticing any feelings in their body. After a series of 'rounds' during which the distress score generally decreases round by round, the client is able to

express that the image is no longer distressing and the pain or discomfort in their body is also undetectable.

The next stage is then to reprocess a positive thought and feeling into the client's mind whilst focusing on the same event. Initially it feels very unbelievable, but after several rounds of the eye movements, the client is able to accept the positive thought and feeling when associating with that event.

At The Hitchin Hypnotherapy Practice, I use this technique frequently with clients who can recall a traumatic event which is at the heart of their anxiety, fear, or phobia. Some examples where it has worked extremely effectively are with emetophobia (the fear of being sick), fear of blood, medical procedures and hospitals, fear of death, fear of abandonment and rejection, loss of a parent or child, rape or physical or mental abuse, fear of insects, fear of confined spaces, fear of tube trains, and fear of being unable to get to a toilet quickly enough (IBS). I help my client to relax at the start, enabling them to access a light hypnotic trance, and gently help them to take their mind back to the traumatic event. After the EMDR we practice some gentle relaxation or ego-strengthening hypnosis to ensure the client leaves feeling good.

EMDR was originally created by Francine Shapiro, an American Clinical Psychologist, in 1987. Much of her initial research was with cases of post-traumatic stress syndrome in Vietnam veterans. The effects were remarkable – soldiers who had previously been resistant to all forms of therapy were seemingly cured within a few sessions. Now however, the traumas tend to come from other types of incidents which are more applicable to the majority of the public like the death of a loved one or something that happened at school, or in a toxic personal relationship. Sometimes they generate from less obvious traumas way back in our childhood. Sometimes these will result in low self-esteem or lack of confidence; sometimes they will turn into full-blown phobias or panic attacks.

EMDR is well worth trying if you feel your problems stem from a traumatic incident in the past. Or if you have tried various forms of therapy without success. For more information search for EMDR on the internet – there's copious amounts of information available for further research. If you would like to visit my Practice in the Hitchin area, please do not hesitate to contact me through my web site contact form: www.hitchinhypnotherapy.co.uk and I offer a free 45 minute consultation to talk about your problem(s) with no obligation to proceed with therapy.

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The Hitchin Hypnotherapy Practice

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