

What is Eye Movement Desensitization and Reprocessing (EMDR)?

EMDR was developed by Francine Shapiro, Ph.D. It is a psychotherapy approach that combines Cognitive Behavioral Therapy with specific bilateral eye movements (or left-right taps or sounds). It has been used primarily for clients with Posttraumatic Stress Disorder (PTSD). I completed Level I and Level II training in approximately 1995. I have used EMDR with many clients who have experienced events that have kept them feeling stuck, unable to heal. While the experience of using EMDR in sessions can be intense, especially initially, most of the clients with whom I have used it have found it to be a very helpful part of our work together.

For more detailed information I recommend these legitimate sites.

The EMDR Institute's website provides helpful information about this treatment.
www.emdr.com

The following website is sponsored by the National Institute of Mental Health. Included in the information about EMDR is a summary by Dr. Shapiro of empirical research regarding the efficacy of this treatment approach.
www.therapyadvisor.com

What Kinds of Trauma Will I be Treating?

Since I am working part-time at this point in my career, I plan to use EMDR primarily with clients with fairly limited trauma histories. (For example, one-time experiences of trauma such as robbery or car accidents.) Clients with more extensive trauma histories may need to be treated in settings with a multi-disciplinary team (such as psychiatrists, therapists, and social workers) providing a wide range of therapeutic options such as medication management and group therapies. Please feel free to contact me if you have questions about this.

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