

# What Is EMDR?

(By the Laura Parnell Institute)

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy for the treatment of trauma. EMDR therapy incorporates eye movements or other bilateral stimulation into a comprehensive approach that processes and releases information trapped in the mind and body, freeing people from disturbing images and body sensations, debilitating emotions, and restrictive beliefs. This revolutionary therapy has helped millions of clients of all ages recover from such traumas as war, accidents, assaults, disasters, and childhood abuse. EMDR has been extensively researched as a treatment for post-traumatic stress disorder (PTSD), and is considered to be an evidence-based therapy.

In addition to the treatment of PTSD, EMDR is also used to treat the psychological effects of smaller traumas that manifest in symptoms of depression, anxiety, phobias, low self-esteem, creativity blocks, and relationship difficulties. Not only does healing occur much more rapidly than in traditional therapy, but as a result of EMDR's clearing of emotional and physical blockages, many people also experience a sense of joy, openness, and deep connection with others. EMDR is a quantum leap in the human ability to heal trauma and maladaptive beliefs.