

## What Is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy for the treatment of trauma. EMDR therapy incorporates bilateral stimulation into a comprehensive approach that processes and releases information trapped in the mind and body, freeing people from disturbing images, body sensations, debilitating emotions, and restrictive beliefs. This revolutionary therapy has helped millions of people from all ages recover from traumas such 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 evidenced-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.

## What is Attachment-Focused EMDR?

Attachment-focused EMDR (AF-EMDR) is client-centered and emphasizes a reparative therapeutic relationship using a combination of (1) Resource Tapping™ (Parnell, 2008) to strengthen clients and repair developmental deficits, (2) EMDR to process traumas, and (3) talk therapy to help integrate the information from EMDR sessions and to provide the healing derived from therapist-client interactions.

AF-EMDR extends the use and benefits of EMDR and bilateral stimulation for use with clients who have been typically less responsive to traditional EMDR protocols, due to acute or chronic relational trauma and attachment deficits. Those deficits include the effects of childhood physical or sexual abuse, neglect, early losses, birth trauma, medical trauma, parental drug or alcohol abuse, caregiver misattunement, secondary trauma, and the cumulative effects of all. These clients often present in therapy as depressed, with relationship difficulties or problems at work. They don't feel fully alive. Childhood trauma has impacted their sense of safety and capacity to form close emotional relationships in adulthood.