

# EMDR-Therapie (Eye Movement Desensitization & Reprocessing)

## What is EMDR?

EMDR is a scientifically approved psychotherapy method of trauma treatment. It helps to reduce symptoms and emotional distress caused by traumatic life experiences. In the beginning, EMDR was used only for PTSD, but today it can also treat many other mental health conditions.

## EMDR hilft bei

PTSD / Complexe PTSD  
Phobias / Fears  
Pathological grief  
Sleep disorders  
Self-esteem problems  
Depression  
Addictions

## How does EMDR work?

During REM sleep, the brain processes everyday stressors and sorts them out. During this process, the eyes unconsciously move quickly from left to right and vice versa. EMDR makes use of these eye movements, familiar to the brain, and utilizes them. While consciously remembering the traumatic image in therapy, the client repeatedly follows the therapist's fingers from left to right, also called bilateral stimulations (BL). This calms the nervous system and stimulates the brain to process trauma/fear.

## How effective is EMDR therapy?

Studies show that EMDR is successful in treating PTSD in 80-90% of cases. The duration of therapy depends on the symptoms and diagnosis. A common duration for a single traumatization (only 1x traumatic incident) is shown below.

## How does EMDR therapy take place?



**1.Phase:** History taking, identifying resources and dysfunctional behaviours, diagnosis, clarifying indication, creating treatment plan (1-2 sessions).



**2.Phase:** Preparation, Discuss treatment plan, Emotional stabilization by teaching imaginative and breathing techniques (= EMDR specific resource techniques like "Safe Space") (2-3 sessions).



**3.Phase:** Assess traumatic/stressful memory, evaluate relevant negative cognitions, and explore and review alternatives.



**4.Phase:** Desensitization by BLS. The client is encouraged to concentrate on the stressful memory and to allow the images that to arise internally, while the therapist induces BL her hand. With every BLS, the impact of the memory reduces.



**5.Phase:** Installation, Remembering the initial memory and focusing on the positive cognition, while receiving BLS.



**6.Phase:** Body scan, the client is asked to hold in mind the target event and the positive belief while scanning the body from head to toe. Any lingering disturbance from the body is reprocessed again with BLS



**7.Phase:** Closure, review the treatment experience, if at the end of the session the distress has not been completely resolved, distancing techniques will be used and further behavioural interventions will be taught until next session.



**8.Phase:** Re-evaluation in next session, check if the achieved changes are stable before a possible new topic can be addressed. (1 session)

(1-2 sessions)

Distress I  
work with

## Therapy forms, costs and duration

The costs for alternative practitioners for psychotherapy are not covered by health insurance.

### On Site EMDR (1,5 hours 100 €)

On-site EMDR therapy is suitable for PTSD as well as complex PTSD. It is more focused on the therapeutic relationship and more comfortable. Especially recommended for C-PTSD to establish trust and a deeper sense of safety.

### On Site EMDR Intensiv (4 hours 300 €)

Intensive therapy is a way to provide treatment in an intensified but short period of time, usually on two consecutive days. My practice days are Tuesdays & Wednesdays. Here you can find a sample for possible bookings:

	<b>Tuesday</b>	<b>Wednesday</b>	<b>Costs</b>
<b>Example 1</b>	09.00 - 11.00 Therapy 11.00 - 11.30 Pause 11.30 - 13.30 Therapy	09.00 - 11.00 Therapy 11.00 - 11.30 Pause 11.30 - 13.30 Therapy	600 €
<b>Example 2</b>	09.00 – 11.00 Therapy	09.00 – 11.00 Therapy	300 €
<b>Example 3</b>	09.00 - 11.00 Therapy 11.00 - 11.30 Pause 11.30 - 13.30 Therapy		300 €


Although the initial cost is higher, the shorter treatment duration can save money & time overall. Intensive EMDR is effective for anxiety disorders, phobias, and PTSD. It is not appropriate if the client is affected by complex PTSD. Whether Intensive EMDR is appropriate for you will be determined by taking an adequate history.

### Online-EMDR (1,5 hours 100 €)

Many clients are surprised to find out that therapists were offering EMDR therapy online before the coronavirus. The bilateral stimulation of eye movements can be complemented/replaced by self-tapping or auditory stimuli. It is important to have a good internet connection, headphones, an undisturbed room and either a laptop or tablet. Smartphones are not suitable due to the small screen. Online EMDR is effective for anxiety disorders, phobias, and PTSD. It is not appropriate if the client is affected by complex PTSD. Whether Intensive EMDR is appropriate for you will be determined by taking an adequate history.

**If you are interested in EMDR therapy, please do not hesitate to contact me**

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Online & Offline Sitzungen

Privatpraxis mit Schwerpunkt:



EMDR Therapie  
Traumafolgestörung  
Angsterkrankungen  
Sexuelle Aufklärung  
Paarkonflikte

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