



Modern Mental Health, Unlocked

What to Expect in EMDR Therapy

Understanding the 8 Phases of EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is a powerful therapy designed to help you heal from.

1. History Taking

- We talk about your background, current struggles, and goals. This helps us tailor EMDR to your needs.

2. Preparation

- You'll learn resourcing tools like Safe Place, Butterfly Hug, and grounding techniques to help you stay regulate

3. Assessment

- We identify the target memory and connect it to thoughts, emotions, and body sensations.

4. Desensitization

- Bilateral stimulation (like tapping or eye movements) is used to reduce the emotional intensity of the memory.

5. Installation

- We strengthen a positive belief that replaces the old, negative one (e.g., "I am safe now.")

6. Body Scan

- We check your body for leftover tension and clear it using more bilateral stimulation if needed.

7. Closure

- We end every session with resourcing, calming, and a return to safety.

8. Reevaluation

- At the start of the next session, we check in to see how you're doing and adjust our focus.

Important Notes:

- You are always in control.
- You can pause or stop at any time.
- Healing is a process — we go at your pace.

You are not alone. EMDR helps your brain process and heal so you can live more freely in the present.

Provided by EMDR Unlocked