EMDR

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Eye Movement Desensitization) (EMDR)
Eye Movement Desensitization and Reprocessing

Eye Movement Desensitization and Reprocessing (EMDR) is a treatment for trauma and PTSD. It involves bilateral eye movements, such as tapping, while the client is guided through a traumatic memory. The goal is to help the client reprocess the memory and reduce distress. EMDR has been shown to be effective in treating a variety of conditions, including PTSD, anxiety, and depression. It is a relatively new treatment, having been developed in the 1980s, and continues to be studied for its effectiveness. EMDR is generally well-tolerated and can be administered in a single session for some clients, although multiple sessions may be needed for others.