

Can EMDR Help With More Than PTSD?

Healing
memories.
Brighter
tomorrows.



Where it may help and where to ask more questions

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PEOPLE HEAL • LIVES CHANGE • HOPE GROWS



The strongest evidence is for trauma and PTSD, but clinicians may also use EMDR with other concerns when it is appropriate.

Best-known uses



Trauma and PTSD



Disturbing
memories



Current triggers
linked to past
experiences



Negative beliefs
about self

Other areas clinicians may explore



Anxiety



Panic
symptoms



Phobias



Grief



Performance
blocks



Stress from
painful life
experiences

Important reminder



- EMDR is not one-size-fits-all.
- The treatment plan depends on the person.
- A good assessment matters.
- Ask your therapist what evidence applies to your situation.

A good next step



Ask: Is EMDR the best first step for what I am dealing with right now?



Curiosity today.
Progress tomorrow.

Selected references

1. World Health Organization. (2013). *Guidelines for the Management of Conditions Specifically Related to Stress*.
2. VA/DoD. (2023). *Clinical Practice Guideline for PTSD and Acute Stress Disorder*.
3. Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols, and Procedures*.