

EMDR vs. Talk Therapy

What is the difference?

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	EMDR	Talk Therapy
 Main focus	Targets distressing memories, triggers, and stuck beliefs.	Explores thoughts, feelings, patterns, and life stress.
 How it works	Uses a structured protocol and bilateral stimulation.	Uses conversation, reflection, insight, and problem solving.
 How much talking	Usually less detailed talking during processing.	Often more discussion and storytelling.
 Body and emotions	Pays close attention to body sensations and emotional shifts.	May focus more on understanding and expression.
 Pace	Often focused and target-based.	Often broader and ongoing.

The big takeaway



- Both approaches can be helpful.
- Some people do one, and some people use both.
- The best fit depends on your goals and needs.

Ask: Which approach fits what I need right now?



Ask: Which approach fits what I need right now?



Curiosity today.
Progress tomorrow.

Selected references

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