

Getting Started with EMDR

A simple guide for clients and clinicians

EMDR Guide Series • Page 1 of 10



PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

What is EMDR?



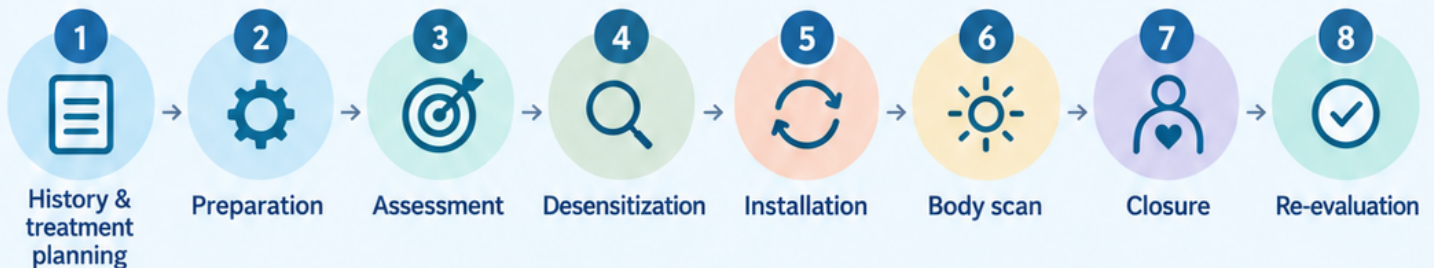
- EMDR stands for Eye Movement Desensitization and Reprocessing.
- It is a structured therapy that helps people process distressing memories and experiences.

How do you start?



- Meet with a trained EMDR therapist.
- Talk about your goals, symptoms, and history.
- Build coping skills and safety first.
- Choose a target memory or problem to work on.

The 8 phases at a glance



Important to know



- You do not have to tell every detail all at once.
- EMDR usually begins with preparation, not deep processing right away.
- You stay awake, aware, and in control.
- The pace can be adjusted to fit you.

A good next step



Ask your therapist:
How will we know I am ready to begin reprocessing?



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*.

SAME PEOPLE.
BRIGHTER TOMORROWS.