

Is EMDR a Joke?

A clear answer for skeptical clients

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Healing
memories.
Brighter
tomorrows.

PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

Short answer



No. EMDR is a real therapy approach used by trained clinicians.

Why people take EMDR seriously



- It has been studied in trauma treatment research.
- Major guidelines include EMDR for PTSD treatment.
- It follows a structured therapy process, not a gimmick.
- Many clients report meaningful change when it is a good fit.

A balanced view



- EMDR is not right for every person or every problem.
- It is not a quick fix for all pain.
- Preparation and therapist skill matter.
- Healthy questions are a good thing.

Good questions to ask



- What is the evidence for my specific problem?
- How do you prepare clients before reprocessing?
- How will we know whether EMDR is helping?



Skepticism is okay. Good therapy should stand up to honest questions.

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*.
4. Lee, C. W., & Cuijpers, P. (2013). *J Behav Ther Exp Psychiatry*, 44, 231–239.