

Is EMDR Magic?

No. It is structured therapy.



EMDR Guide Series • Page 6 of 10

PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

What EMDR is **NOT**



Not hypnosis or mind control.



Not an instant memory eraser.



Not a passive cure where you do nothing.



Not the same as waving a wand and being healed.

What EMDR **IS**



A structured therapy approach.



A process guided by a trained therapist.



A way to work with distressing memories and beliefs.



A method that may use eye movements, taps, or tones.



A gradual process that often takes preparation and practice.

The big idea



- EMDR can feel surprising, but it is still therapy.
- You and your therapist do the work together.
- Change often happens step by step, not by magic.



Ask: What part of EMDR feels hardest for me to believe?



*Curiosity today.
Progress tomorrow.*

Selected references

1. Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols, and Procedures*.
2. Lee, C. W., & Cuijpers, P. (2013). *J Behav Ther Exp Psychiatry*, 44, 231–239.
3. World Health Organization. (2013). *Guidelines for the Management of Conditions Specifically Related to Stress*.