

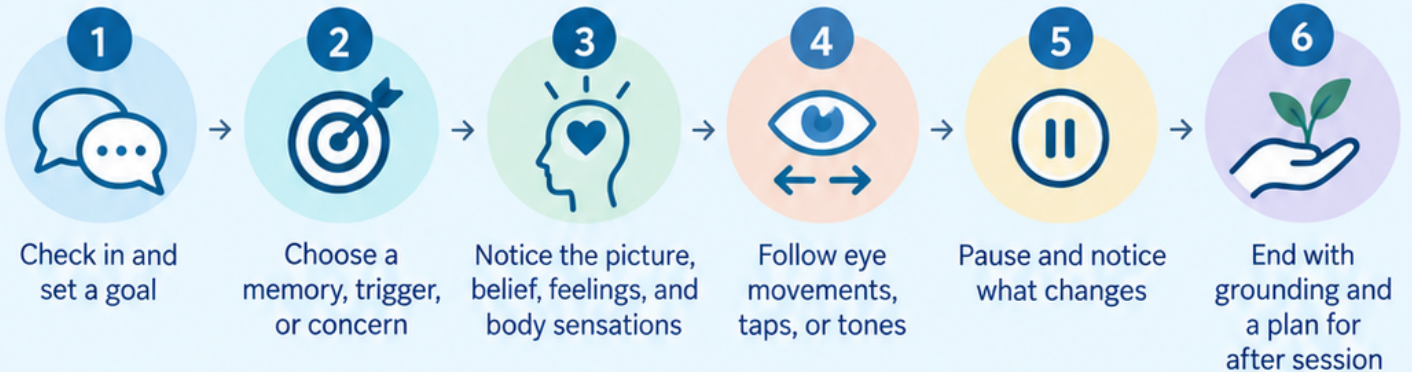
What Happens in an EMDR Session?

A simple step-by-step guide

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A typical session



Important to know



- You stay awake, aware, and in control.
- You can pause at any time.
- Your therapist helps you stay within a manageable pace.
- Not every session includes deep reprocessing.

What people often notice



- The memory may feel less intense.
- New thoughts or feelings may come up.
- Body tension may shift.
- Sometimes change continues between sessions.

A good question to ask



What should I do if I feel activated after session?

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*.