

Why Does EMDR Work?

Simple explanations from research

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Researchers still debate the exact mechanism, but several ideas help explain why EMDR can be effective.



PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

It helps you face the memory safely



You remember the experience while staying anchored in the present with a therapist.

It may lower the emotional charge



Eye movements, taps, or tones may make the memory feel less vivid or overwhelming.

It links old pain to new information



You may begin to connect the memory with more realistic, helpful beliefs.

It includes the body



EMDR pays attention to body sensations, not just thoughts.

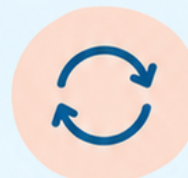
What this means for clients



You are not trying to forget what happened.



You are trying to help the memory feel less stuck.



The goal is less distress and more flexibility.



Therapy works best when the pace feels manageable.

Selected references

1. Lee, C. W., & Cuijpers, P. (2013). *J Behav Ther Exp Psychiatry*, 44, 231–239.
2. Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols, and Procedures*.
3. VA/DoD. (2023). *Clinical Practice Guideline for PTSD and Acute Stress Disorder*.

SAME PEOPLE.
BRIGHTER TOMORROWS.