

## Hi there!

Welcome to therapy! This is a resource that I've created as a little introduction to the world of EMDR Therapy (Eye Movement Desensitization and Reprocessing Therapy). EMDR is an amazing bottom up (body based) therapy with so much healing potential. I'm so excited you're here to learn more about this and incorporate it into your life. I'm here every step of the way if you have questions!

*-Chelsea Lyle-Mallory, LPC, MSCP and Certified EMDR Therapist*

## What is Trauma?

Jamie Marich Ted Talk - [https://www.youtube.com/watch?v=oa3M2\\_uvgPo&t=522s](https://www.youtube.com/watch?v=oa3M2_uvgPo&t=522s)

The word "trauma" means "unhealed wound." Trauma can be any single event or series of events - perceived as "big" or "small" - that has impacted you in some way and continues to trigger responses in your present day experience. Anything the body holds as traumatic is trauma and your trauma is valid.

There are a lot of reasons why our brain/body hold some memories as traumatic and others that we process through adaptively - genetics, our environment, our tolerance for resiliency, conditions of the event (all explained by the Adaptive Information Processing Model). It's not a deficit in you if you experience and store a memory as traumatic...however, re-creating the right conditions to treat and process this trauma adaptively is so important. Which is what we are doing with EMDR.

## What is EMDR?

Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a body based (bottom-up) therapy model. It is a non-pathological approach to therapy that looks at how your past trauma or experiences may be eliciting maladaptive or disruptive emotional/behavioral responses in your present day.

In EMDR, we give you the space and establish safety to go back and reprocess these traumatic memories in a more adaptive way - the way your brain wanted to process it at the time of this event but was not able to due to other circumstances. The brain is designed to heal itself when the conditions are right. Once we reprocess and store the memory in an adaptive way, the aspects of that memory that no longer serve you will fall away and the nervous system is no longer activated when that memory is triggered. There is much more for us to discuss in terms of mechanics and how EMDR works - but this is a starting point to get your toes wet.

The resources below will start to give you more insight into how EMDR works and what the process may look like:

- <https://www.emdria.org/about-emdr-therapy/>
- <https://www.emdr.com/what-is-emdr/>
- <https://drarielleschwartz.com/how-does-emdr-therapy-work-dr-arielle-schwartz/#.YVnPtY-B2Tc>