

# EMDR: EYE-MOVEMENT DESENSITIZATION AND REPROCESSING

A research-based 8 phase approach to psychotherapy that is an evidence based treatment modality for trauma and PTSD



**84-90%**

of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions

## NO MORE PTSD

In a study by Kaiser Permanente, 100% of individuals with single-incident and 70% of individuals with multiple-incident traumas were no longer able to receive the diagnosis for PTSD after six 50-minute sessions



**8 STEPS**

**8** EXAMINE- Discuss progress thus far

**7** CLOSURE- Close session with safety

**6** BODY SCAN- Notice residual body sensations

**5** INSTALLATION- Identify positive belief, link to trauma

**4** COGNITIVE DISTORTION- Identify negative self-beliefs

**3** TRAUMA TARGET- Identify trauma to be processed

**2** RESOURCES- Create a safe space for EMDR

**1** HISTORY TAKING- Explore current symptoms



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