

## What does EMDR therapy cost?

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EMDR therapy costs £85.00 per hour and sessions are usually 60 or 90 minutes long. The length of the session can be agreed with your therapist.

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### Useful links

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#### What is EMDR?

[Weblink to the EMDR Institute](#)

#### Introduction to EMDR

[Video link \(10 minutes\)](#)

#### What is EMDR?

[Video link \(3 minutes\)](#)

#### EMDR for Adults

[Video link \(3 minutes\)](#)

#### EMDR for Children and Young People

[Video link \(2 minutes\)](#)

<https://www.emdrassociation.org.uk>

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## EMDR THERAPY

Eye Movement  
Desensitisation  
Reprocessing

### What is EMDR?

**Eye Movement Desensitisation and Reprocessing (EMDR) is a psychotherapy approach designed for working with distressing or traumatic memories. The mind will try and heal itself naturally in the same way as the body does.**

The theory behind EMDR is that many psychological difficulties are the result of distressing life experiences or events which have not been stored in memory properly and are said to be unprocessed or blocked which prevents healing. These traumatic memories may need some help being processed to clear the blocks. Once the block, or wounding memories have been removed, healing can resume. EMDR is how we can help the mind heal from traumatic experiences.

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### What is special about distressing or traumatic memories?

**Most of the time your body and mind manage new information and experiences without you being aware of it.** However, when something out of the ordinary happens and you are distressed or traumatised by an overwhelming event (e.g. a car accident, disasters, or violence) or you are repeatedly experiencing distressing events, our natural coping mechanisms can become overloaded. This overload can cause the mind to store memories in a raw, emotional form, along with physical sensations. Because of this, the memories can be triggered easily causing distress over and over again.

Often the memory itself is long forgotten, but the painful feelings such as anxiety, panic, anger, or feelings of powerlessness, can be continually retriggered in the present. The ability to live in the present and learn from new experiences can then become inhibited. EMDR helps create the connections between your mind's memory networks, enabling your mind to process the distressing or traumatic memory in a very natural way. EMDR therapists help people to activate the mind's natural healing system.

## ***What is an EMDR therapy session like?***

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**EMDR uses the natural healing ability of your mind.** The eye movements used in EMDR seem to unlock the nervous system and allow your mind to process distressing experiences. Once the block is removed healing can resume. The important thing to remember is that it is your own mind is doing the healing and that you are the one in control.

EMDR therapy uses eye movements similar to those during REM sleep. They are recreated by your therapist simply asking you to watch the therapist's finger moving backwards and forwards across your visual field. Sometimes, a bar of moving lights are used instead.

Due to Covid-19, EMDR is also provided online. For online EMDR therapy, you will probably be asked to move your hands instead of your eyes. As with eye movements the physical movements will be bilateral and will involve copying the therapist alternately moving their hands. The therapist may also use a moving dot on the screen to stimulate eye movement. The eye or hand movements will last for a short while and then stop. You will be asked to say something about the experiences you have had during each of these sets of eye or hand movements. The movements are repeated many times and each time you stop, your therapist will ask about your experience.

Experiences during a session may include changes in thoughts, images, and feelings. With repeated sets of movements, the memory tends to change in such a way that it loses its painful intensity and simply becomes a neutral memory of an event in the past. Other associated memories may also heal at the same time. This linking of related memories can lead to a dramatic and rapid improvement in many aspects of life.



## ***Will I will remain in control and empowered?***

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**During EMDR therapy, you will remain in control, fully alert and wide-awake.** This is not a form of hypnosis and you can stop the process at any time. Throughout the session you will be supported and facilitated through your own self-healing and the therapist will intervene as little as possible. Reprocessing is usually experienced as something that happens spontaneously, and new connections and insights are felt to arise quite naturally from within. As a result, most people experience EMDR as being a natural and very empowering therapy.

## ***How long does EMDR therapy take?***

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**EMDR can be a brief focused treatment or part of a longer psychotherapy programme.** This can vary considerably from six sessions to many sessions over time and depending on the negative memories and distress or traumas experienced. During your first meeting your therapist will ask you very specific questions about your memories and you will decide together which memories you will process first. EMDR sessions last for between 60 to 90 minutes and are usually once a week. A more intensive approach can also be considered with multiple sessions in a week.

## ***Can anyone benefit from EMDR?***

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**EMDR can resolve the impact of past traumas and distressing events, and allow living more fully in the present.** It is not, however, appropriate for everyone. The process is rapid, and any disturbing experiences, if they occur at all, last for a comparatively short period of time. Nevertheless, you need to be aware of, and willing to experience, the strong feelings and thoughts, which sometimes occur during sessions.

## ***What evidence is there that EMDR is a successful therapy?***

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**EMDR is recommended by the National Institute for Health and Clinical Excellence (NICE) and the World Health Organisation (WHO) as an effective treatment for PTSD, trauma, and other forms of psychological distress such as anxiety, phobias, sleep disturbances, self-esteem and value as a human being.**