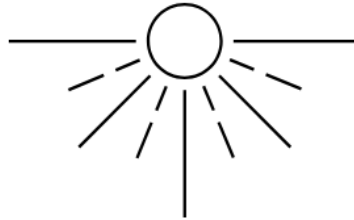




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is EMDR?

Eye Movement Desensitization and Reprocessing

Learn what eye movement desensitization and reprocessing therapy involves and what to ask a clinician.



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A little clarity.

Understand the topic. Find words for your questions.

You may have heard that eye movement desensitization and reprocessing is about moving your eyes. That is one possible part of a larger treatment. Let's give the whole process some room.

1 The name and the process

Eye movement desensitization and reprocessing is a structured therapy that works with distressing memories. It may use guided eye movements or other forms of left-right stimulation as part of a larger treatment process. This is not simply a technique for moving your eyes.

2 Preparation and choice matter

The therapist should discuss whether the approach fits, how sessions work, and what to do if distress increases. You can ask to pause. Listening to bilateral audio or watching a moving dot is not the same as receiving the full therapy.

3 Get help with the difficult work

This guide does not teach memory reprocessing. Ask about trauma training, experience with your concerns, and how the clinician supports people who become overwhelmed or disconnected.

Research & perspective

Research supports this therapy for post-traumatic stress disorder. It is among the recommended treatments for that condition. This does not mean it has the same benefit for every concern. The sources below explain the approach and its evidence.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What interests me about this approach?

2 What worries me about trauma-focused treatment?

3 What would help me feel able to ask for a pause?

One next step

Ask a licensed clinician trained in this approach about whether it may fit your needs. A therapy training certificate is separate from a professional license. Check both.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What training and consultation have you completed in this approach?
- ☐ How will you decide whether I am ready for memory work?
- ☐ What is the plan if I feel worse between sessions?

Listen with curiosity

[Episode 60 - Brian Gong introduces eye movement desensitization and reprocessing, trauma, and shame.](#)

[Episode 6 - Marcken Volmy discusses eye movement desensitization and reprocessing and the distinct Flash Technique.](#)

[Episode 53 - Kayla Roberts connects trauma therapy and faith.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[U.S. Department of Veterans Affairs: Eye Movement Desensitization and Reprocessing](#)

[Eye Movement Desensitization and Reprocessing International Association: About the therapy](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

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