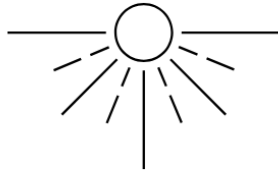


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Understanding EMDR

Eye Movement Desensitization and
Reprocessing

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

EXPLORING THERAPY

Begin where you are.

You may have heard about EMDR through a friend, a clinician, or the podcast. This guide explains the broader therapy behind the name and helps you prepare questions about whether it could fit your needs.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 60

EMDR, trauma, and shame with Brian Gong

Brian Gong introduces eye movement desensitization and reprocessing, trauma, and shame.

[Listen or read the transcript](#)

EPISODE 6

EMDR, culture, and trauma care

Marcken Volmy discusses eye movement desensitization and reprocessing and the distinct Flash Technique.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

EXPLORING THERAPY

Understanding the topic

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.

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.

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 and 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.

How will I know whether I am ready for the difficult parts?

Your therapist can explain assessment, preparation, and how you will agree on the pace. Ask how you can pause and what support is available between sessions. Describing what worries you about the process helps make those plans specific to you.

EXPLORING THERAPY

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What interests me about this approach?

What worries me about trauma-focused treatment?

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

Questions for a conversation

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?

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.

EXPLORING THERAPY

Keep learning. Find support.

Another conversation to explore

EPISODE 53

Christian faith and trauma care

Kayla Roberts connects trauma therapy and faith.

[Listen or read the transcript](#)

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

Diana S. Rice, LMHC, CIMHP, QS

Podcast host, educator, and psychoeducational trainer

IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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