EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is a form of therapy developed by psychologist, Francine Shapiro in 1987. She found that eye movements can reduce the intensity of distressing thoughts when she noticed her own stress reactions diminishing when her eyes swept back and forth as she walked one day. EMDR involves recalling a stressful past life event and reprogramming the memory associated with a positive, self-chosen belief, while using rapid eye movements to facilitate the process. When one experiences a traumatic event, intense emotions interfere with the ability to process the event completely, which makes the person feel "stuck" or "frozen" in the event. Remembering the event may feel as though the individual is re-experiencing it all over again, with images, feelings, and sensations attached. (This is often what occurs when people experience symptoms of Post-Traumatic Stress Disorder.) When this occurs, it can have a negative impact on one's daily functioning, how we view ourselves and how we interact/relate with other people. EMDR can allow a person to recall the memory without re-experiencing the negative feelings and sensations attached. The memory of the event is still present for the individual, but it is less disturbing/distressing. In the past 20 years, research continues to examine long-term results of EMDR. One of the main [benefits](http://www.compasspointcounseling.com/emdr.html) noted is the rapid speed at which deep-routed problems/symptoms can be resolved. Dr. Shapiro reported an average treatment time of five sessions to comprehensively treat people with post-traumatic stress disorder (Shapiro, 1989, 199-223).

EMDR-R-TEP

The Recent Traumatic Episode Protocol (R-TEP) in EMDR treatment is part of a comprehensive approach to Early EMDR Intervention. In this type of treatment, EMDR is used to target a specific event within a short-time frame after the event in order to treat acute distress (before trauma memories have been integrated). It is used to attempt to prevent complications from arising (PTSD) and strengthen resilience. It incorporates additional measures for containment and safety.