

A U T U M N 2 0 1 8

# Inside Trauma

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## A Word from the Editor

Psychology is an evolving discipline. New therapeutic approaches are constantly being developed. It is important when dealing with clients we find approaches that not only fit the illness but also the person themselves. While Cognitive Behavior Therapy (CBT) is currently the therapy of choice, not every client responds to the process the same. In these cases, psychologists need to adapt their practice by researching other evidenced based interventions that may be more suitable.

In our work at the Trauma Centre Australia, we are aware of different therapeutic processes and interventions to continue providing the best help to our clients. Eye Movement Desensitization and Reprocessing (**EMDR**) Therapy is an intervention that has been around since the 1980's but is starting to gain momentum as a chosen intervention with trauma patients. The process involves using bilateral stimulation to help the client process the distressing event in his or her life that they were previously unable to process.

Inside Trauma is published  
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## What is EMDR Therapy?

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is an evidence based practiced developed by Francine Sharpio in the 1980's. It involves having a patient recall distressing images while receiving bilateral stimulation such as side-to-side eye moment or hand tapping. The theory is that during the distressing event the patient was unable to properly process the event as the normal coping mechanisms have been overwhelmed. EMDR uses bilateral stimulation to process the event through biological mechanisms that are involved in REM sleep. It is an 8-phase process

**#1:** History and Treatment Planning

**#2:** Preparation: To establish trust and explain the treatment

**#3:** Assessment: To establish negative feelings and identify positive replacement

**#4:** Desensitization: Using the technique

**#5:** Installation: To strengthen positive replacements

**#6:** Body Scan: Bring up trauma and identify reactions

**#7:** Closure

**#8:** Reevaluation

These 8 phases can occur across several sessions. Studies have found that 84-90% of single trauma patients no longer had PTSD after 3 x 90 minute sessions of EMDR. 77% of multiple trauma patients no longer had PTSD symptoms after 6 x 50 minute sessions. EMDR has also been found to be affective on other mental illnesses such as Depression, Anxiety, Borderline Personality Disorder, Bulimia, Phobia, OCD and Psychosis. As a growing therapeutic process EMDR leaves clients feeling empowered by the process as their wounds have transformed into something they have faced and overcome.

*Emily Clinch*

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## Helping Trauma Recovery

### What's new in Trauma Treatment?

Eye Movement Desensitisation and Reprocessing is one of the new players in Trauma Treatment. To understand EMDR simply one needs to think of the normal process of your body's healing

*For example:*

When you cut yourself the body works on its own to heal the injury moreover if the wound is further irritated by a foreign object it festers and the body is unable to close the wound until the object is removed

This above comparative example helps us realise that the mind works in the same way. When trauma is continually exposed through flashbacks and dreams these memories are the 'foreign objects' that fight the healing process.

The work place environment can be a melting pot of presenting human behaviour,

emotions and pain.

These can sometimes be hidden and can sometimes be evident through observable behaviours. **EMDR** is a helpful therapy to resolve Trauma and Addictions. This approach offers benefits of

- Improving self esteem and self efficacy
- Decreasing disturbing memory
- Ridding psychological symptoms of trauma
- Helping to manage future triggers

While there is no one silver bullet to recovery; the individual must take the first step towards healing. **EMDR** offers many positives and certainly should not be discarded.

A referral to an **EMDR** specialist can be a step toward recovery. Contact the Trauma Centre.

*Peter Horton*



## Looking for Training in Trauma Counselling?

We have developed the Advanced Certificate of Trauma Counselling. If you would like more information please visit our website

[www.traumainstitute.com.au](http://www.traumainstitute.com.au)

Or contact our office of (03) 9852 7797

## Why EMDR Therapy?

**EMDR** uses eye movements that activate both the right and left sides of the brain to create changes in how the brain patterns memories. The eye movements allow the brain to make the neural connections and associations necessary to digest traumatic memories and store them differently, so that they don't keep popping back up.

**EMDR** therapy appears to be similar to what occurs naturally during dreaming and REM sleep. The brain has a mechanism to heal itself naturally as your body would. It occurs during sleep.

How a client attends with a presenting trauma that is causing intrusive thoughts and affecting emotional balance. At the time the client is thinking about disturbing memory the therapist will help the client integrate the memory.

**EMDR** Therapy helps with the treatment and recovery of a whole range of trauma symptoms, such as

- PTSD, Depression, Anxiety & Panic
- Insomnia, Nightmare and Night Terrors
- Chronic Shame or Guilt
- Fear of Isolation
- Poor memory or concentration
- Extreme fears that cant be explained
- Addictions
- Compulsive or Obsessive Behaviour
- Abrupt mood swings
- Rage reactions/Temper Tantrums
- Intrusive thoughts/flashbacks
- Exaggerated emotional response
- Diminished interest in life
- Feelings of detachment and isolation

Benefits of **EMDR** Therapy include;

- Works faster than other kinds of therapy
- Works even when other therapies have failed
- Doesn't involve detailed description of the event
- No homework between sessions
- Creates lasting changes
- Effective on all age groups
- Increased ability to tolerate future trauma and negative experiences
- Replaces negative symptoms with positivity and strength

*Peter Horton*



“Happiness can be found even in the darkest of times, if one only remembers to turn on the light”

- J.K. Rowling

“Trauma is a fact of life. It does not, however, have to be a life sentence”

- Peter A. Levine

“Nothing is impossible; the word itself says, ‘I’m Possible’”

- Audrey Hepburn

