

## EMDR info

### **This is a little information about your reprocessing session (when you are doing the bilateral stimulation).**

1. Your therapist will let you know at least one session before you start the reprocessing. If you decide last minute that you want to hold off reprocessing, that is okay.
2. Please let your therapist if you are taking a benzodiazepine medication (For example: Xanax). You can still do EMDR, it's just your therapist needs to give you additional directions.
3. During session, hold the hand pulsars far apart (like on sides of legs) because "bilateral" is key.
4. You may be tired, hungry, have more vivid dreams or notice no difference at all after.
5. Therapist will be vague in an attempt to stay out of your process. Therapist might ask "what are you noticing" which includes things you notice in your thoughts, feelings, experiences, and/or body sensations.
6. If you have trouble "noticing", your therapist can do more work on it with you. If you close your eyes right now, what do you notice?: Example of responses: My shoulders are tight, feeling sad/happy, I'm thinking this is weird.
7. Often times EMDR reprocessing is similar to REM sleep in that it doesn't always make sense in the moment. That is okay and is actually part of the process for most people.
8. It is recommended that you don't talk while bilateral stimulation is happening (e.g. when the hand pulsators are on) so that you can focus on noticing your thoughts, feelings, experiences, and/or body sensations while bilateral stimulation is happening.  
\*When the bilateral stimulation stops, the therapist will ask you what you are noticing and then you can share information at that time.
9. You may think of questions during the EMDR reprocessing. Your therapist will take a note of your question and will address it after reprocessing or at the next session so that the therapist isn't doing much talking during your reprocessing.
10. If you want to stop at any time, you can. Drop the buzzers or stop looking at the lightbar. Your therapist won't say anything to you in case you just want a break so that therapist doesn't interrupt your flow in case you want to restart. If you say "I need to stop", then therapist will engage with you and start regular talk therapy with you.
11. "Am I doing this right?" Many people ask this question in the middle of reprocessing. If the therapist wants you to do something else, they will guide you there. Your body knows how to heal and so everyone might have a different "right way" to do EMDR.
12. If possible, try to have time after your EMDR reprocessing session to "veg", unwind, not being committed to any responsibility for an hour, etc. Just focus on your self-care.
13. EMDR reprocessing often takes several sessions for each "target" or issue. Be patient. You might not see a huge difference in the first session.