

# EMDR

Eye Movement Desensitisation and  
Reprocessing

# WELCOME TO THE JSA PSYCHOTHERAPY MAGAZINE



**JSA Psychotherapy is a private practice based in the North West of England, providing a broad range of psychology and psychotherapy services. Though much of the work JSA Psychotherapy does is conducted for the legal, corporate, health, local government and education sectors, JSA Psychotherapy are also able to provide assessment and support for private clients upon request.**

One of the most popular therapies offered at JSA Psychotherapy is Eye Movement Desensitisation and Reprocessing, also known as EMDR.

This magazine will focus on EMDR – what it is and what process clients go through when they access this therapy.

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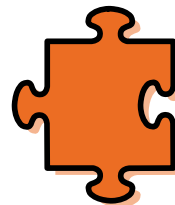


# WHAT IS EMDR?

**Founded and created by Dr Francine Shapiro in the late nineties, EMDR is a therapy used to treat stress and trauma. At JSA Psychotherapy, it is one of the most common treatments we provide.**

Information is absorbed through the senses any time we experience something. EMDR is based on a framework which describes how the brain processes this information through the nervous system.

Most of the time, this information travels from different places, is tied together in our brain, and gets filed away neatly in our long-term memory.



It's like a jigsaw - our brains take the pieces and create a picture with them.

The brain stores memories by **association**, meaning that if one of the senses in a memory is similar to a sense in another memory, the brain links them together.

When we go through something **distressing**, the information coming through the senses can be intense, making it difficult for the brain to tie it all together and file it away neatly. This means that the information is stored **somewhere in the body**.

Because it hasn't been filed away, this storage is **unstable** and can be activated easily in the form of a **flashback**.

When these memories are triggered, they influence emotions, bodily responses and the thought process about what is going on at the time.

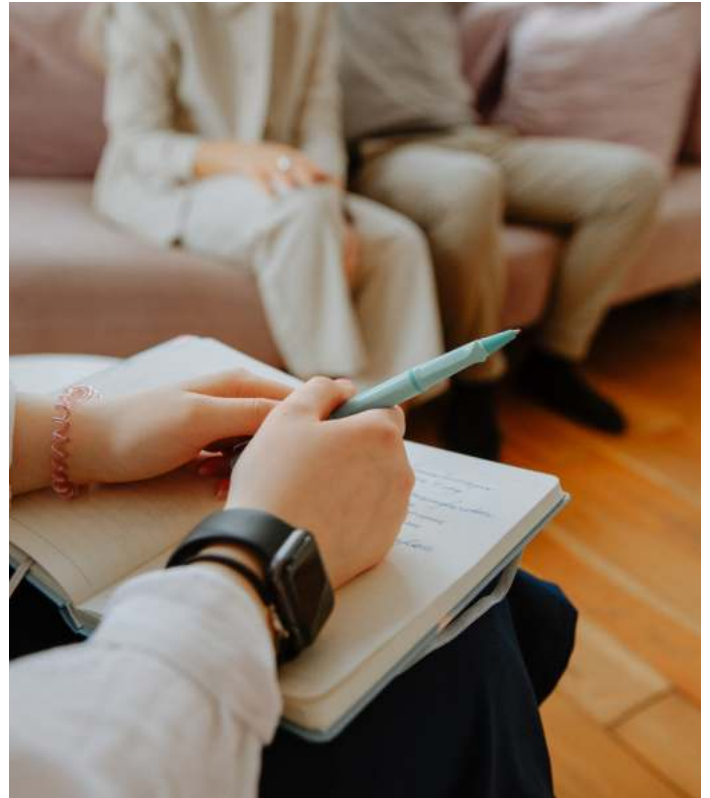
EMDR involves stimulation of both sides of the brain's hemisphere (known as bilateral stimulation) in terms of what the brain is tasked to do.

Bilateral stimulation can be created by our therapists in many ways, including **eye movements, sound through headphones, tapping, or tactile buzzpads**.

EMDR uses the biological and neurological processes that normally occur within humans during the Rapid Eye Movement (REM) stage of sleep.

Though the therapeutic approach adopted at JSA Psychotherapy follows strict protocols and ethics, it does not require or involve any change in the consciousness of our clients.

The EMDR process is **quick and is highly effective** at freeing clients from some of the most horrendous unprocessed trauma that affects their lives on a daily basis.



EMDR is recommended by the NHS, and JSA offers EMDR in particular to those suffering from Post-Traumatic Stress Disorder (PTSD), and have worked with even the most anxious of clients.



4 in 100 people in England experience PTSD in any given week.

## READ OUR BLOGS



### **The Challenges of Delivering EDMR During a Pandemic**

Due to the limitations of contact during the COVID-19 pandemic, we looked into whether EMDR could be delivered remotely and the challenges that come along with that.

**[READ HERE](#)**



### **All in the Mind: Recurring Nightmares and Chronic Trauma**

Responding to the BBC's All in the Mind programme, we looked at how EMDR could be used to help treat issues like nightmares, flashbacks and PTSD.

**[READ HERE](#)**

# VIDEOS



[WATCH HERE](#)



[WATCH HERE](#)

# EMDR IN PRACTICE

JSA Psychotherapy offers EMDR services to both adults and children, to help with issues such as:

- Anxiety, panic attacks, and phobias
- Chronic Illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders
- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- Post-Traumatic Stress Disorder (PTSD) and other trauma and stress-related issues
- Sexual assault
- Sleep disturbance
- Substance abuse and addiction
- Violence and abuse

A course of EMDR, usually around **eight sessions**, will start with the client **identifying** the things in their life that are currently difficult to manage. Both the client and the therapist will then identify the memories which are associated with these situations, including the earliest memory, as this is where the journey began.

These memories will be **processed** using eye movements or similar activities.

Clients will **not be asked** to re-live the memories or describe them in great detail to the therapist.

They will then reprocess the current situations that they started with and then finish by **planning** how they would like to **manage these situations** in the future.

# MEET OUR THERAPISTS



**Kate Portman**



**Kate Brown**



**Alastair Barrie**



**Rachel Wesley**



**Julie Stirpe**

## VISIT OUR LOCATIONS

JSA Psychotherapy aims to make our therapy sessions available to everyone, regardless of their location. We offer face-to-face and online sessions for clients.

We have three offices where clients can visit for face-to-face sessions:



### MANCHESTER

Our Central Manchester office can be found on King Street, close to the Arndale centre. We have consulting rooms available at this location to accommodate adult clients for clinical psychotherapy.



### BURNLEY

Our Head Office is located in Burnley, close to the Trafalgar Street retail park. We maintain consulting rooms that are suitable for both adults and children of all ages, as well as dedicated play therapy spaces.



### LIVERPOOL

Our Liverpool Office is located on Rodney street, situated between the knowledge quarter and city centre. We have consulting rooms available at this location to accommodate adult clients for clinical psychotherapy.

## GET IN TOUCH

Think you or someone you know may benefit from EMDR? Get in touch to find out how we can help you.

**Visit:** [www.jsapsychotherapy.com](http://www.jsapsychotherapy.com)

**Email:** [office@jsapsychotherapy.com](mailto:office@jsapsychotherapy.com)

**Call:** [01282 685345](tel:01282685345)

