

Eye Movement Desensitisation and Reprocessing (EMDR)

Description

[Counselling](#)

[Cognitive behavioural therapy](#)

[Clinical hypnotherapy](#)

Eye movement desensitisation and reprocessing (EMDR)

Memories are stored by association and form memory networks that link present experiences to past experiences. EMDR is a memory-based approach that focuses on the reprocessing of negative, maladaptive experiences/memories. Reprocessed memories are then integrated into helpful, adaptive memory networks.

Whilst there is an evidence base for the EMDR in the treatment of trauma and Post-Traumatic Stress Disorder (PTSD) and the approach is recognised worldwide as a trauma treatment, EMDR can also be helpful in treating other conditions including other forms of anxiety, especially where a difficult life event has been involved including bullying, bereavement, abuse, social humiliation, car accidents etc.

The number of sessions of therapy provided will depend on the presentation, however, as a guide, clients can expect to have 8-12 weekly sessions. Please note that the usual length of EMDR sessions is 60-90 minutes. For those sessions that are 90 minutes, the payment will be charged at 1.5 x usual rate.

EMDR is available through Anxiety UK face to face or via webcam and for those aged 18 and above. However, please note that referrals received for EMDR must be from individuals only seeking support for an anxiety disorder and not PTSD, trauma or CPTSD (or any other condition).

Please note our usual waiting times may not apply for EMDR therapy and there may be a waiting list to access this type of therapy.

[Book therapy here](#)

Hear how EMDR can help you