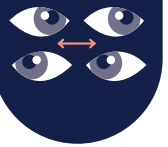


The EMDR* approach



Recommended by the World Health Organization for the treatment of trauma, this psychotherapeutic approach uses bilateral stimulation, which consist of alternating visual, auditory or tactile stimuli between the two hemispheres of the brain, to help reprocess traumatic memories and promote emotional healing.

Phase 1 Personal history Inventory of adversity events

Let's explore your request together



Phase 2 Preparation EMDR presentation...

Here's how the session will work.

Imagine a peaceful place where you feel safe and secure.

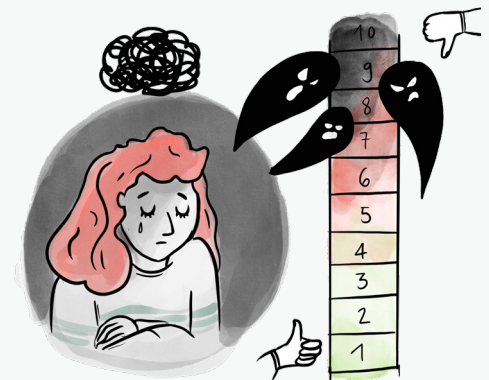


And a container to store your memory.

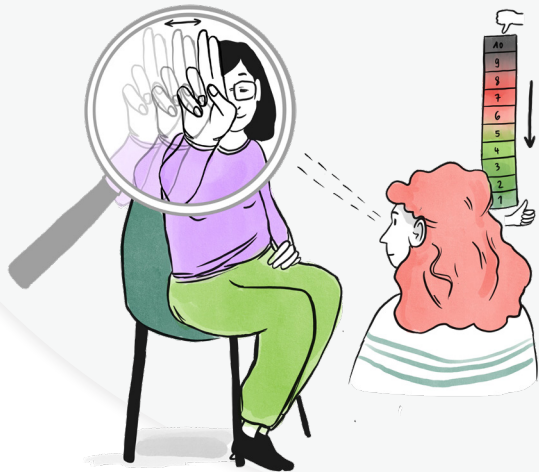


...and learning self-soothing strategies

Phase 3 Evaluation and activation of the targeted memory Identification of a specific memory and its associated emotions and negative beliefs



Phase 4 Desensitization
Start of bilateral stimulation and reprocessing of painful memories



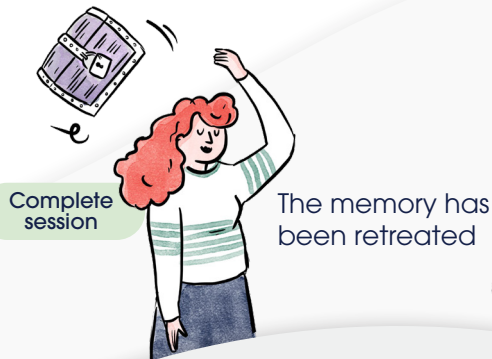
Phase 5 Installation of positive cognition
Anchoring a positive thought associated with the treated memory



Phase 6 Body scan
Exploring body sensations and eliminating residual tensions



Phase 7 Session closing
Session is ending



Phase 8 Re-evaluation
Verification of disturbance level



Painful memories remain, to be continued at the next session
Resuming desensitization

>> Phase 4