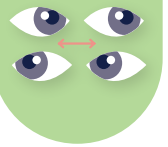


The EMDR* approach



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



Phase 2 Preparation EMDR presentation



Phase
3

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

Think about what happened to you



Phase
4

Desensitization
Beginning of bilateral stimulation and reprocessing the painful memories



We'll put your brain to work to help you feel better.

Phase
5

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

You already feel better, you're smiling again



Phase
6

Body scan
Exploring body sensations and eliminating residual tensions



Let's explore how you feel in your body

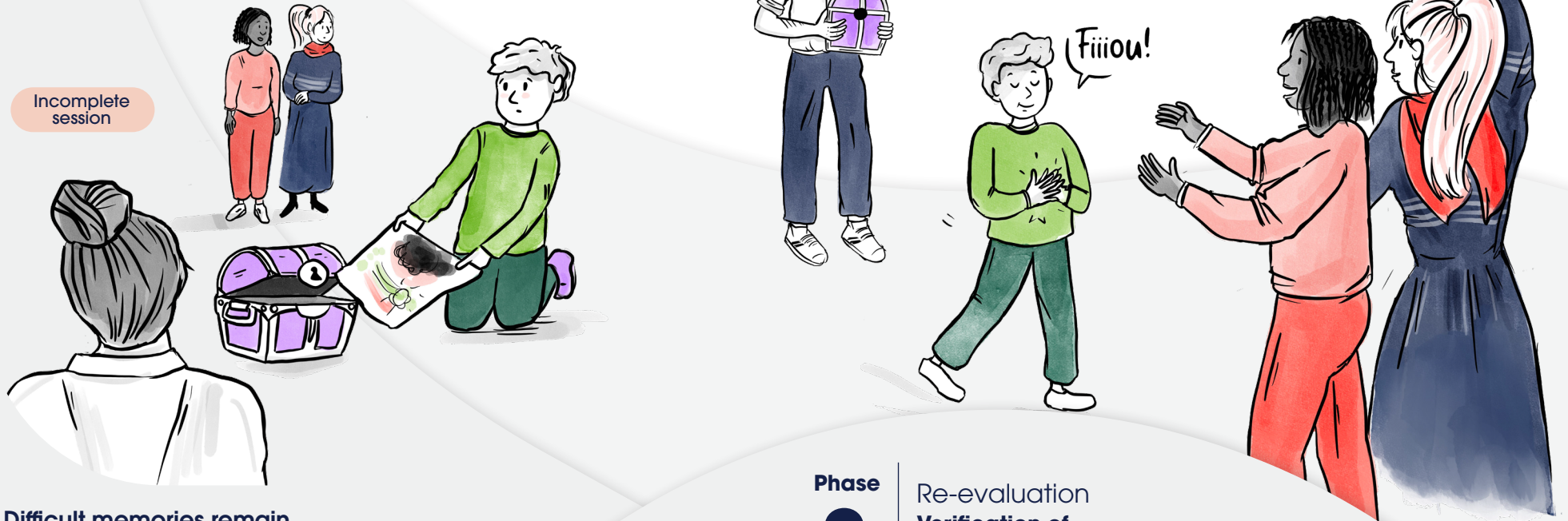
Phase
7

Session closing
Session is ending

Incomplete session

Complete session

The targeted memory no longer hurts



Difficult memories remain, we put them away for next time

Resuming desensitization

>> Phase 4

Phase
8

Re-evaluation
Verification of disturbance level

Incomplete session

How do you feel today, after the work we've done?

Complete session

