

WHAT CAN EMDR BE USED FOR?

- * POST-TRAUMATIC STRESS DISORDER (PTSD)
- * DEPRESSION
- * ANXIETY & PANIC ATTACKS
- * SLEEP PROBLEMS
- * STRESS
- * PHOBIAS/FEARS
- * COMPLICATED GRIEF
- * LOW SELF-ESTEEM
- * UNRESOLVED TRAUMA
- * ADDICTIONS

INVERELL ARMAJUN ABORIGINAL HEALTH SERVICE

EMDR (EYE MOVEMENT DESENSITISATION AND REPROCESSING) THERAPY

SOCIAL & EMOTIONAL WELLBEING / MENTAL HEALTH SERVICE.

Contact Armajun SEWB/MH Service on 67219777 to make a booking.

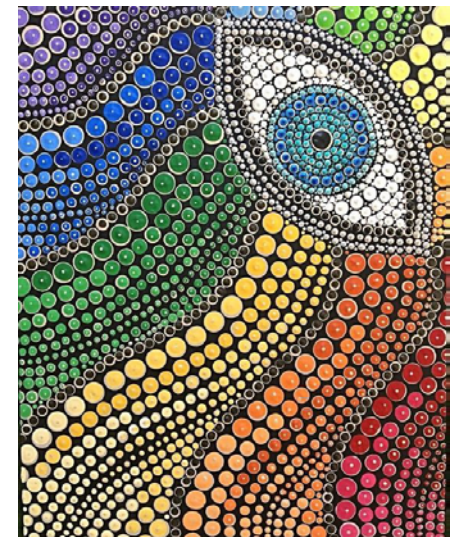
For Aboriginal people and their families.



EMDR Therapy

Eye Movement Desensitisation
and Reprocessing

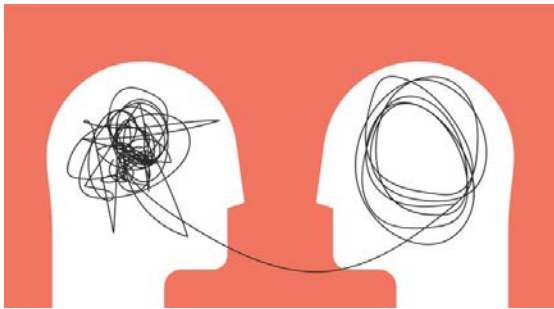
**The Social & Emotional Wellbeing
/ Mental Health Service** at Inverell
Armajun Aboriginal Health Service is
providing EMDR Therapy.



What is EMDR?

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychological therapy that is different to other therapies /counselling where change doesn't come from talking about your trauma but from the therapist using repeated bilateral movements, sounds & sights while you think about the memory.

Memories can be painful.



EMDR can't make the traumatic memories disappear but can help you manage them better and take the high emotion attached to them away. Leaving you feeling better and being able to focus on the here and now.

MEMORIES BECOME DISTANT AND LESS DISTRESSING

How it works

EMDR works on using the natural healing power of your brain to process information, releasing emotional experiences that get trapped in the nervous system.

Feel stuck in your past?

What to expect

Come and have a chat to see if EMDR is the right therapy for you then the therapist will make sure you are prepared for any emotions the difficult memory may trigger before starting EMDR. During EMDR you will be asked to think about the difficult memory while bilateral stimulation is carried out to assist your brain in processing the memory to gain new insights and perspectives. Bilateral Stimulation is created by eye movements, audio beeps or hand held buzzers, seems too simple to work, but it does!

After EMDR

The troubling memories become more bearable and recalled as "Just something that happened" and easily believe "it's over". The high emotion has been replaced with a neutral feeling.

You may experience some left over emotion in the days following EMDR but it will resolve itself as the brain finishes processing the memory.

EMDR can take from one to multiple sessions to provide positive results depending on individual needs.

Want to try EMDR?

Clients of Armajun Aboriginal Health Service can book an appointment for EMDR Therapy with Meegan McSpedden by ringing Armajun Social Support Services on ph:6721 9777, no referral required.

Service based at Inverell Armajun Aboriginal Health Service with outreach service to Tingha and Ashford.