

**See what patients are saying...**

"EMDR allowed me to look inside at my soul at emotional issues that had troubled me since childhood and carried over into my adult life. Through EMDR sessions was able to set myself free of anxieties that had been holding me back. The experience helped lift heavy weights off my shoulders and helped me find the internal peace that I needed" S.L.

"EMDR and therapy has literally changed my life! EMDR is the best thing I've ever done for myself. It has been a defining moment in my life. Although initially it was tough to face my issues, through EMDR I can honestly say I have become more comfortable in my own skin." S.R.

Sonja Glad M.A., NCC, LCPC first heard about EMDR in the late 1990s at a conference on Childhood Sexual Abuse. The statistics reported an almost unbelievably positive recovery rate for trauma victims treated with EMDR. In the next several years, Sonja attended other workshops and training that continued to support the positive treatment outcomes for clients who had EMDR as part of their treatment regime. In 2005, Sonja received her Level I and Level II certification as an EMDR practitioner. In 2006, she not only continued her training in EMDR, she started an EMDR consultation group and continued to work with clients using EMDR.

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**EMDR**

Eye Movement  
Desensitization and  
Reprocessing

**Will it  
work for  
you?**

**Sonja Glad**

**The answer is:**

**YES!**

Have you experienced a trauma such as:

- Loss of a loved one
- Divorce
- Physical or sexual abuse
- Combat
- Medical issues
- Loss of a job
- Natural Disasters

Or, do you have a fear that stops you from doing something you want to do?

- Fear of flying
- Fear of crossing bridges
- Fear of certain animals
- Fear of public speaking
- Fear of failure or success
- Fear of dying or others dying

Then EMDR (Eye Movement Desensitization and Reprocessing) could be the therapeutic treatment option for you.

### What is EMDR?

EMDR (eye movement desensitization and reprocessing) was developed in the late 1980s by psychologist Francine Shapiro. She noticed that when she was walking and looking back and forth, her troublesome thoughts became less distressing. She studied this further and found that with a certain protocol along with eye movements, trauma victims were able to resolve their traumas in a relatively short period of time. Since then, many studies have been done that show that EMDR is effective with not only trauma, but also anxiety disorders, phobias, performance enhancement and grief. Further information is available through the Internet at [www.emdria.org](http://www.emdria.org)

### How is EMDR used in your treatment process?

The therapist trained in EMDR will first take a detailed history to help assess whether you are a good candidate for EMDR treatment. She will help you identify the goals for therapy and how together you can attain those goals. The therapist will then help you develop coping techniques. Once you and your therapist have established a trusting relationship and the therapist feels that you are ready, EMDR sessions can begin.

You will be asked to recall a picture that represents your trauma or fear. As you focus on that picture, the therapist will ask :

- Based on this picture, what negative belief do you have about yourself?
- What would you like to believe?
- How true does it feel?
- Based on this picture, what emotions do you feel about the incident?
- Where do you feel it in your body?
- How disturbing is it to you?

The therapist will then initiate visual, auditory or tactile bilateral stimulation, stopping occasionally to discuss with you what is happening.

The session continues until the intensity of the feelings associated with the incident diminishes and frequently people come to a new understanding about themselves. EMDR sessions usually last 2 hours per session. Many people can process a single trauma of fear in 1—3 sessions, then other issues can be processed using EMDR or using talk therapy.

Once your fears are gone or you no longer are suffering the effects of the incident, you will work on reidentifying yourself, identifying triggers, reviewing what you have learned and work on strategies to prevent a return to your former state of mind. Then it will be time to say goodbye to your therapist. Total treatment could be as short as 5 sessions or could be incorporated into long term therapy or anywhere in between. The length of treatment is dependent on the complexity of your particular goals for therapy.

