EMDR Therapy & Your Brain

Upsetting Events

Unpleasant, traumatic, or distressing events happen to us all the time. Memories of these events can get stuck in our brain and impact us, even without us realizing it.

Regular Memory
In the ideal brain process, an event happens and it gets stored appropriately in your memory.

MEMORY TRIGGER

Stuck Memory
Sometimes, an event happens and it gets stuck in your memory, due to the brain’s fight, flight, or freeze response—or because of other past experiences.

MEMORY TRIGGER

How EMDR Therapy Can Help

Your therapist guides you through eye movements (or other methods) while you think about the unpleasant event.

The unpleasant thoughts, feelings, and sensations fade away. It becomes just a memory.

After EMDR Therapy
The threat is over. I did my best.

MEMORY TRIGGER