



EMDR

INFORMATION SHEET

WHAT IS EMDR THERAPY?

EMDR (Eye Movement Desensitization and Reprocessing) is a type of therapy designed to help people heal from the emotional distress associated with traumatic memories. The process involves the individual focusing on a traumatic memory while also paying attention to a back-and-forth movement or sound, like a therapist's moving finger, a flashing light, or a beeping sound. EMDR aims to help individuals process traumatic memories, lessening their negative impact. The goal is to transform the traumatic memory into a neutral or positive one, thereby reducing its harmful effects.

WHO IS IT FOR?

EMDR Therapy can be beneficial for individuals dealing with:

- Post-Traumatic Stress Disorder (PTSD)
- Anxiety
- Panic Disorders
- Eating Disorders
- Addictions
- Specific Phobias
- Trauma resulting from physical or sexual abuse
- Negative Self-Beliefs
- Grief or Loss
- Disturbing Memories

BENEFITS

It tends to work faster than other forms of therapy. People receiving EMDR typically start seeing results much sooner than with other forms of therapy.

It involves less homework. Other forms of therapy typically involve journaling or other types of homework outside of your sessions.

It's usually less stressful. EMDR focuses on processing and moving past your trauma. Other methods involve having you describe and even relive negative events.

HOW DOES IT WORK?

EMDR helps by having you remember a traumatic memory while also following a moving object with your eyes. This process helps your brain to work through the memory in a different way, making it less stressful. In EMDR, when you're focusing on something else (like moving your eyes back and forth), your mind is able to reprocess the trauma without being as affected by it.

HOW LONG DOES IT TAKE TO WORK?

The rate at which individuals start feeling a difference with EMDR therapy varies depending on the complexity and severity of their issues. However, many people start experiencing a change after three to five sessions. For more complex or severe conditions, it may take longer – perhaps around 6-12 sessions in some cases.



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PROVIDER REFERRALS

1 SALT AND SAGE THERAPY

Phone: [732-440-8166](tel:732-440-8166)
Address: [27 Main Street, Eatontown, NJ 07724](#)
Insurance status: Out of network
Website: <https://www.saltandsagetherapy.com/>

2 CREATING YOURSELF COUNSELING

Phone: [732-955-9565](tel:732-955-9565)
Address: [1710 Hwy 71, Unit 6, Wall, NJ 07719](#)
Insurance status: Out of network
Website: www.creatingyourselfcounseling.com

3 EXCEPTIONAL WELLNESS

Phone: [908-415-2042](tel:908-415-2042)
Address: [219 Taylors Mills Road, Manalapan, NJ 07726](#)
Insurance status: In/Out of network
Website: exceptionalwellnesscounseling.com

4 INNER MIND COUNSELING

Phone: [848-235-9552](tel:848-235-9552)
Address: [119 Maple Avenue, Suite 103, Red Bank, NJ 07701](#)
Insurance status: Out of network
Website: www.innermindcounseling.com

5 LOTUS BLOOM PSYCHOTHERAPY

Phone: [732-440-8166](tel:732-440-8166)
Address: [27 Main Street, Eatontown, NJ 07724](#)
Insurance status: Out of network
Website: www.lotusblossompsychotherapy.com

6 RENEE SEFF

Phone: [732-912-7521](tel:732-912-7521)
Address: [2 Buck Lane, Suite 4, Marlboro, NJ 07746](#)
Insurance status: Out of network

7 SHORE EMOTIONAL HEALING

Phone: [732-784-8545](tel:732-784-8545)
Address: [530 Prospect Avenue, Little Silver, NJ](#)
Insurance status: Out of network
Website: www.shoreemotionalhealing.com/

Kolli Psychiatric and Associates

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