

EMDR Therapy: A Proven Path to Healing from Trauma



Aspect	Description	Evidence / Source
What is EMDR?	EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based psychotherapy that helps individuals process and heal from trauma by using bilateral stimulation, such as guided eye movements, to reprocess distressing memories.	Recognized by WHO, APA, and Department of Veterans Affairs.
How it Works	Through bilateral stimulation, such as eye movements, the therapy focuses on desensitizing the emotional intensity of traumatic memories, reprocessing them so they are better resolved and less overwhelming.	Adaptive Information Processing (AIP) model; Developed by psychologist Francine Shapiro (1980s).
Conditions Treated	Primarily used for PTSD, but also effective for anxiety, phobias, depression, dissociative disorders, and complex PTSD. It can address both singular events and chronic trauma.	Supported by systematic reviews and meta-analyses (e.g., Sutton et al., 2025).
Clinical Practice	Uses an eight-phase protocol involving preparation, reprocessing, and reevaluation. Includes grounding techniques and bilateral stimulation exercises guided by an EMDR-certified therapist.	EMDR International Association (EMDRIA)-approved training; APA conditional recommendation (2025).