



SPERO
COUNSELING
& WELLNESS
CENTER
| HOPE

EMDR

Eye Movement
Desensitization and
Reprocessing



Build a
relationship with
your therapist

Locate the
memory

Focus on 1
phase at a
time

Process
trauma

Release
the trauma

Begin
healing

WHAT IS IT?

EMDR, short for Eye Movement Desensitization and Reprocessing, is a mental health therapy that specifically addresses the negative impact of traumatic memories. The patient is encouraged to focus briefly on the memory while incorporating bilateral stimulation, such as eye movements.

HOW DOES IT WORK?

EMDR therapy uses bilateral stimulation techniques such as eye movements, taps, or tones to decrease the emotional intensity and vividness of traumatic memories. During therapy, the therapist guides the patient to make rapid eye movements, which aim to reduce the impact of emotionally charged memories and help the patient heal from past traumatic experiences.

LOCATIONS:

West Frankfort CWC
218 E. Main St
West Frankfort, IL 62896

Mt. Vernon CWC
107 Shiloh Drive
Mt. Vernon, IL 62864

WHAT CAN IT TREAT?

- Trauma
- PTSD
- Anxiety
- Depression
- Other psychological challenges

HOW LONG CAN EMDR TAKE?

EMDR involves eight phases of treatment that can vary from client to client. These phases provide a framework for the therapy process and include:

- Phase 1 - History and Treatment Planning
- Phase 2 - Preparation
- Phase 3 - Assessment
- Phase 4 - Desensitization
- Phase 5 - Installation
- Phase 6 - Body Scan
- Phase 7 - Closure
- Phase 8 - Re-evaluation



CONTACT US:

Phone: 618-242-6944
Fax: 618-242-6726
spero-cwc@spero.org



"Although Spero Family Services is a faith-based agency, programs are open and available to anyone fitting the service criteria without discrimination and regardless of faith or denominational background."

