

EMDR Resources



Overview

EMDR is a well-researched therapy designed to help you process and move through experiences that feel stuck or unresolved. If you're curious about how it works or what to expect, the resources below offer a helpful place to start. You're welcome to explore the resources below if it feels helpful. For many people, having a bit more information ahead of time can ease anxiety and offer a sense of what to expect, or help you decide whether this approach feels like a good fit. At the same time, there's no need to read through everything beforehand. These are all things we can talk through together in session, at a pace that feels comfortable for you.

What Is EMDR?

Link To Resource	Type	Source	Notes
Click Here	Web Page	EMDRIA	EMDRIA Overview of EMDR Therapy

How Does EMDR Work, and What Should I Expect?

Link To Resource	Type	Source	Notes
Click Here	Web Page	EMDRIA	What Is It Like To Go Through EMDR?
Click Here	PDF	EMDRIA	Eight Phases of EMDR
Click Here	Video	Kati Morton & Dr. Alexa Altman, PhD	EMDR Q&A (More In-Depth, ~30 minutes)

How Does Research Support EMDR?

Link To Resource	Type	Source	Notes
Click Here	PDF	Taylor & Francis	EMDR For Depression, Stress, Burnout
Click Here	PDF	Routledge	EMDR For Workplace Wellness
Click Here	PDF	Frontiers In Psychology	EMDR For Healthcare Workers
Click Here	PDF	Journal of EMDR Practice & Research	Remote (Telehealth) EMDR