

What is EMDR?

EMDR stands for Eye Movement Desensitization and Reprocessing, which means desensitization and processing through eye movements. It is a highly effective psychotherapeutic method that has bilateral hemisphere stimulation (reciprocal stimulation of both hemispheres of the brain), as a central element.

Psychotherapy as such is known not to be a mental process, but a brain-altering process.

Out of a cognitive behavioral therapy tradition and against a humanistic background, namely that every human being has a natural ability to process information and that the psyche has a tendency to self-heal, the developer and American psychologist Francine Shapiro (*1948) took a completely new, very innovative path.

In the meantime, more positive controlled clinical studies are available on EMDR as a treatment method for psychological trauma - based on the period 1990 - 2010 - than on any other form of psychotherapeutic treatment. EMDR has literally heralded a turning point in the era of psychotherapy.

2006: Scientific recognition of the EMDR method by the Scientific Advisory Board for Psychotherapy for the treatment of post-traumatic stress disorder in adults.

2013: Recognition of the EMDR Method by the World Health Organization (WHO) as an effective method for the treatment of post-traumatic stress disorder in adults, children and adolescents.

Since 2014: EMDR is legally recognized in Germany for the treatment of post-traumatic stress disorder in adults as part of treatment with a guideline procedure

Many trauma researchers and also users of this method are aware that the discovery of this method is a true milestone on the way to help people leave behind the traumatic freight of their past.