

Healing is not a straight line.

- **EMDR does not erase memories.** Difficult memories lose their sting — they remain, but no longer feel so raw or overwhelming.
- **You are in control at all times.** You can stop, pause, or redirect the work at any point.
- **Resourcing is therapy in its own right** — not just preparation for the deeper work.
- **Progress is not always linear.** Two steps forward and one step back is entirely normal.
- **You do not need a PTSD diagnosis.** EMDR can support a wide range of difficulties.
- **Questions are always welcome.** Nothing is too small to mention.



Preparing, gently, for EMDR work.

This leaflet is here to help you feel as prepared and as safe as possible before we begin EMDR work together. There is no rush, and nothing will happen before you are ready.

Working with trauma requires great care. Your sense of safety and control comes first — always. EMDR is a collaborative process, and you are in the driver's seat throughout.

A NOTE ON WHAT YOU SHARE

You do not need to share every detail of what happened for EMDR to work. What matters most is the feelings, body sensations, and beliefs connected to an experience — not a full account of events.

GET IN TOUCH



WEBSITE

www.calmcornerapp.com

What to Expect *EMDR*.



WHAT IS EMDR?

A psychotherapy treatment designed to help people process and heal from traumatic or distressing life experiences. Developed in the late 1980s and recognised as an effective treatment for PTSD, anxiety, depression, and phobias linked to past trauma.

INSIDE

- What EMDR is and isn't
- Your pace · Your safety
- History and treatment plan
- Resourcing and safe place
- Memory targeting, processing & closing



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EMDR

Eye Movement Desensitization and Reprocessing

EIGHT PHASES · ONE CAREFUL PACE

A structured, trauma-aware approach that moves at the speed of your nervous system.

Recommended by the **NHS**, **NICE**, and the **World Health Organization** as an effective treatment for trauma, PTSD, anxiety, and other difficulties.

HOW IT WORKS

When you experience an overwhelming event, your brain's natural processing system can get blocked. The memory gets "stuck" in its raw form, and you might experience ongoing anxiety, flashbacks, or negative self-beliefs.

EMDR unlocks these memories using **Bilateral Stimulation** — usually by having your eyes follow a therapist's hand movement, or by using rhythmic taps or tones. This left-right stimulation mimics natural REM sleep, allowing your brain to safely file the memory away into the past where it belongs.

WHAT EMDR CAN HELP WITH

Trauma & PTSD

Anxiety

Panic attacks

Phobias

Grief & loss

Low self-worth

Childhood wounds

Distressing memories

Depression

Stress & burnout

Flashbacks

Nightmares

Relationship difficulties

Performance anxiety

Birth trauma

Medical trauma

Bereavement

Chronic pain

Sleep difficulties

YOU STAY IN CONTROL

EMDR is not hypnosis. You remain fully aware throughout, and we move only as quickly as feels right for you. You can pause, slow down, or stop at any moment.

1 PHASE 1 · HISTORY & PREPARATION

Understanding your story and building a foundation of safety.

We'll start by understanding your history and what you'd like to work on, and I'll walk you through how EMDR works.

WHAT WE COVER

Your background, current difficulties, goals, and the resources that help you feel steady.

2 PHASE 2 · PREPARATION & SAFETY

Before processing any painful memories, we'll build a mental toolkit of calming skills so you feel safe and in control throughout.

YOUR TOOLKIT



Safe Place

A mental space to return to for steadiness.



Container

A place to store stress until you choose to revisit it.



Nurturing Figures

Inner images of people who offer care and protection.



Animal Resource

A supportive animal ally bringing strength and calm.

3-6 PHASES 3-6 · ASSESSMENT & PROCESSING

Working with a specific memory, at a pace that feels manageable.

When you're ready, we'll identify a specific memory to work with. You'll hold it in mind while following bilateral stimulation back and forth, noticing thoughts, feelings, and body sensations — until the memory feels less disturbing.

BILATERAL STIMULATION

← *Left · Right* →



The Butterfly Hug

— self-tapping you can use during and between sessions. Cross your arms over your chest, place your hands on your upper arms, and alternate gentle taps left-right to calm your nervous system.

7-8 PHASES 7-8 · CLOSURE & RE-EVALUATION

Ending sessions safely, and checking in as we go.

Each session ends with ensuring you feel stable and grounded. We'll check in at the start of subsequent sessions to see how you've been and whether additional processing is needed.

Complete sessions

Distress has reduced significantly and a more positive belief feels true. The body feels settled.

Incomplete sessions

We've begun processing but haven't reached resolution — often simply because we've run out of time. Completely normal.

You will never be left mid-air. Every session closes with grounding, your Safe Place, and a plan for next time.