

Who could benefit from EMDR Therapy?

While EMDR Therapy was originally developed for PTSD, research is continuing to support its application to a range of other psychological issues including:

- Anxiety
- Panic attacks
- Phobias
- Depression
- Personality disorders
- Complicated grief
- Chronic pain
- Eating disorders

Referral to the EMDR Program

All referrals to the EMDR Program are directed to The Victoria Clinic intake who will triage the referral.

You can fax your referral to 03 9526 0254 or call 03 9526 0295 to discuss the program further.



Eye Movement Desensitisation and Reprocessing Program (EMDR)

Information for patients, carers, family and support persons



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Community
of Care

The Victoria Clinic
by Healthscope

What is EMDR Therapy?

EMDR Therapy is a psychological treatment that is highly effective for post-traumatic stress disorder (PTSD), as well as other psychological conditions.

It is based on the idea that negative thoughts, feelings and behaviours stem from unprocessed memories from stressful or traumatic experiences. It is a structured treatment that facilitates the brain to successfully process a traumatic memory or issue.

It involves focusing simultaneously on (a) an upsetting issue or traumatic memory and its associated thoughts, feelings and sensations, and (b) bilateral stimulation that is most commonly in the form of repeated eye movements. In EMDR Therapy the client is fully awake, alert and in control at all times during sessions.

Once the traumatic memory or memories have been desensitized and reprocessed, they no longer have the same negative impact. Memories typically become less vivid and upsetting, intrusive symptoms such as nightmares and flashbacks reduce or cease, and more adaptive beliefs emerge.

The EMDR Program at The Victoria Clinic

The EMDR Program is a 4-week inpatient program that consists of:

- Twice weekly individual EMDR sessions per week.
- Plus an additional supportive counselling session per week.
- And group sessions aimed at supporting each person through their trauma recovery journey.

How effective is EMDR Therapy?

EMDR is a widely researched and supported therapy for the treatment of trauma.

It is endorsed by:

- The World Health Organisation (2013)
- The Australian Psychological Society (2010)
- The International Society for Traumatic Stress Studies (2009)
- American Psychiatric Association (2004).

