



324 Malvern Road, Prahran VIC 3181 | Phone: 03 9526 0200 | Fax: 03 9526 0222
www.thevictoriaclinic.com.au ABN: 85 006 405 152 | A Healthscope hospital.

What is the EMDR Program at The Victoria Clinic?

The EMDR Program is a 4-week inpatient program. Clients will:

- Work with an EMDR Therapist for 2 x 90-minute session each week for a total of 8 EMDR sessions per admission.
- Attend 2 x 60-minute group sessions each week for a total of 8 group sessions per admission.

Between individual EMDR sessions and EMDR groups, clients are encouraged to attend groups each day in the General Inpatient Group Program. The Victoria Clinic has a varied General Inpatient Group Program schedule that includes mindfulness, exercise, psychology classes that are offered 7 days per week.

What happens during an EMDR individual session?

EMDR is a phased model of treatment that broadly encompasses:

1. A stabilisation/desensitisation phase; and
2. A trauma reprocessing/integration phase.

Each person's EMDR admission will be different, as the EMDR Therapist will tailor the therapy to suit each individual client. The pace of treatment depends on the complexity of the client's trauma history, their existing resources and emotional regulation skills, and their broader life circumstances. Our EMDR Therapist will work in partnership with each client to determine the most appropriate pace of their treatment. In EMDR Therapy the client is fully awake, alert and in control at all times during sessions.

What is covered in EMDR group sessions?

The EMDR groups offer an opportunity for program participants to meet and reflect on their experiences and improve their knowledge and understanding of some trauma-focused topics. Current topics covered in our groups:

- Trauma and the brain
- Window of tolerance
- Self-soothing skills
- Managing nightmares and flashbacks
- Understanding dissociation
- Impact of trauma on our ways of thinking

For more information, contact Dr David Voon, EMDR Coordinator at david.voon@healthscope.com.au or 03 9526 0295.