

# CINDY DERN

## Psychotherapist

Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

## EMDR

### WHAT IS EMDR?

Eye Movement Desensitization and Re-Processing (EMDR) is an effective method of psychotherapy that is being used worldwide with people of all ages. It has been found to reduce and eliminate the impact of trauma and other distresses more efficiently and with longer-lasting results than other therapeutic approaches. The roots of EMDR began over twenty years ago; it incorporates elements from a variety of treatment approaches.

Most scientific research has focused on the benefits of EMDR for post traumatic stress disorder (PTSD). Additionally, psychotherapists and other mental health clinicians have reported success using EMDR for a variety of issues including anxiety, depression, addiction, anger, grief, eating disorders, and stress reduction.

### HOW EMDR WORKS:

When individuals experience a seriously upsetting situation, their brain cannot process information the way it usually does. The memory from the event can "get stuck" in the brain. If the memory arises at a later time, it may feel as if the event just happened, even if it occurred months, years or decades ago.

EMDR uses a unique approach to help individuals reduce the impact of difficult memories and the feelings associated with them. A cornerstone of the work involves right-left brain processing, accomplished through a series of eye movements, hand or foot tapping, or listening to tones. This technique helps the brain re-process the memories, making them less upsetting or overwhelming, thereby improving an individual's daily functioning. After experiencing EMDR, people have reported a sense of freedom and peace and typically speak of a positive 'shift' in their lives.

### WHAT TO EXPECT:

Therapists and clients work together to determine whether EMDR is a preferable option to achieve established goals. In general, single-event traumas, such as a car accident, fire, assault or other type of victimization, may require fewer sessions than longer-term distresses, such as childhood trauma or extensive stress or abuse. The number of sessions also depends on several factors: the length, duration, or severity of the upsetting events, amount of previous trauma, and the client's current coping skills. Learning skills to stay healthy emotionally, both in- and out- of session, is an important component

of EMDR.

## WHICH ORGANIZATIONS RECOGNIZE EMDR?

EMDR has been listed as an effective treatment by national and international organizations including the American Psychiatric Association, the International Society for Traumatic Stress Studies, the U.S. Department of Veteran Affairs, and the U.S. Department of Defense. It has a broad base of published case reports and controlled research which supports it as a valid treatment of trauma. EMDR was pioneered in 1987 by Dr. Francine Shapiro and has been gaining increasing recognition.

## CINDY DERN'S EMDR CREDENTIALS:

Cindy completed parts 1 and 2 of the EMDR Institute, Inc., and has studied with Dr. Francine Shapiro, originator and leading expert on EMDR. She also trained with an EMDR International Association certified instructor.

Cindy has utilized EMDR since 2004. Numerous clients have had great success in reducing anxiety and stress, alleviating trauma, overcoming fears, relieving grief, and enhancing self esteem.

## TESTIMONIALS:

*"EMDR has caused a tremendous shift within me. It's still a bit difficult to articulate, but I feel as though the areas that we targeted are no longer taking up so much space within me. I feel more confident about myself, empowered, able to let things go more easily."*

*"When I think about the trauma, I can see it, feel it, but it's not as charged. I can see how charged it was, but I don't feel that level of angst anymore."*

*"I know I'm better; I feel intrinsically better, empowered. Things don't bother me as much. My perspective has shifted. I feel more open, receptive, not as withdrawn and protective. I'm less depressed and anxious. I'm giving myself permission to feel my feelings, and I'm doing more things I enjoy."*

*"I feel different about myself. There's been a shift in how I look at myself. Now, the default in my mind is "I'm a good person." I feel more solid; a trunk full of strength."*

*"I feel better now than I've felt in a long time."*

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phone  
845-679-8184