

# Eye movement desensitisation and reprocessing video transcript

0:00:01.200,0:00:07.760

Eye Movement Desensitization and Reprocessing therapy, also known as EMDR therapy, is a

0:00:07.760,0:00:12.880

treatment for the symptoms of post-traumatic stress disorder. Symptoms such as flashback,

0:00:12.880,0:00:18.800

sleep problems, anger, and panic. Your mind usually processes daily events and reduces

0:00:18.800,0:00:23.920

their emotional intensity during the rapid eye movement phase of sleep, which is also

0:00:23.920,0:00:31.360

known as phase. This is where you dream. If you experience a traumatic event, this process can

0:00:31.360,0:00:38.880

become disrupted. EMDR therapy gets you to mimic the brain activity that happens during sleep while

0:00:38.880,0:00:44.800

talking about the traumatic memory so that it can be reprocessed. When your symptoms have improved,

0:00:44.800,0:00:52.240

your therapist will teach you methods on how to

stay well for the future. EMDR is only available

0:00:52.240,0:00:58.400

by online video call or face to face at one of our locations. We don't offer this treatment

0:00:58.400,0:01:05.680

by phone call. To access EMDR therapy from NHS Berkshire Talking Therapies, you will need to

0:01:05.680,0:01:11.120

complete a wellbeing assessment and be offered this treatment by one of our therapists. You

0:01:11.120,0:01:16.320

may be offered a different treatment if we find another therapy or service that is better suited

0:01:16.320,0:01:22.960

to your needs. Before you start any treatment, your therapist will ask you some questions to

0:01:22.960,0:01:28.800

understand your readiness for treatment and to work with you to create a treatment plan. You

0:01:28.800,0:01:34.160

will then follow a step-by-step program with each session lasting around 60 to

0:01:34.160,0:01:40.400

90 minutes. The number of sessions you can have will vary depending on your situation.

0:01:41.040,0:01:46.800

You may need a single session of EMDR, a short course of sessions over a few weeks,

0:01:46.800,0:01:52.240

or a longer course that lasts for several months. You can refer yourself for a

0:01:52.240,0:01:58.320

wellbeing assessment by completing the online form, which can be found on our web page.