

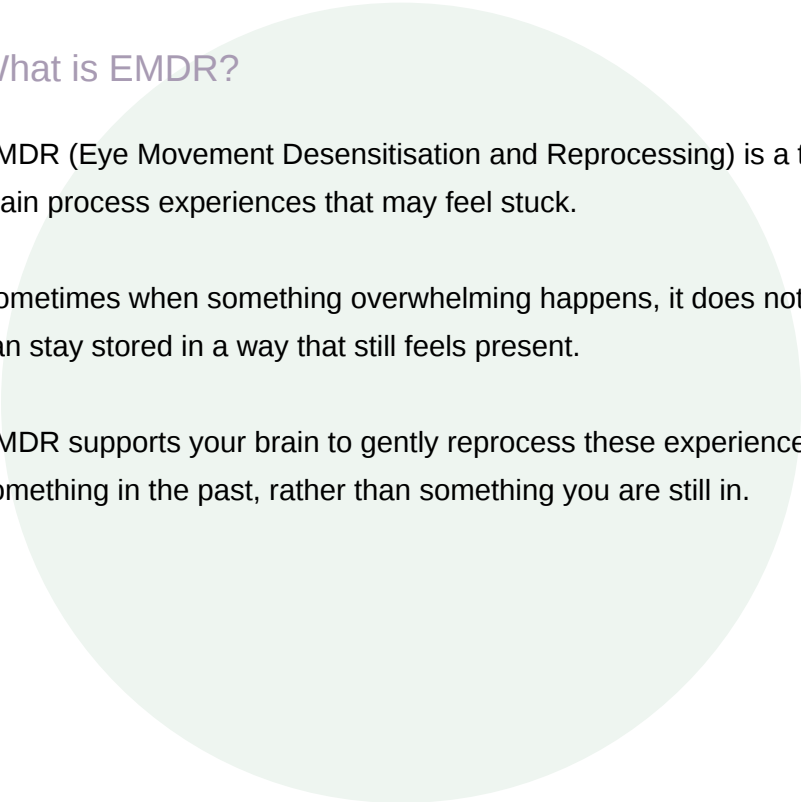


A Gentle Introduction to EMDR

This guide has been created as a gentle introduction to EMDR and how it may support you.

It is not something you need to understand all at once. You can take your time, pause where you need, and return whenever it feels right.

Each page offers a small piece of understanding or support, helping you begin to make sense of your experiences in a safe and manageable way.

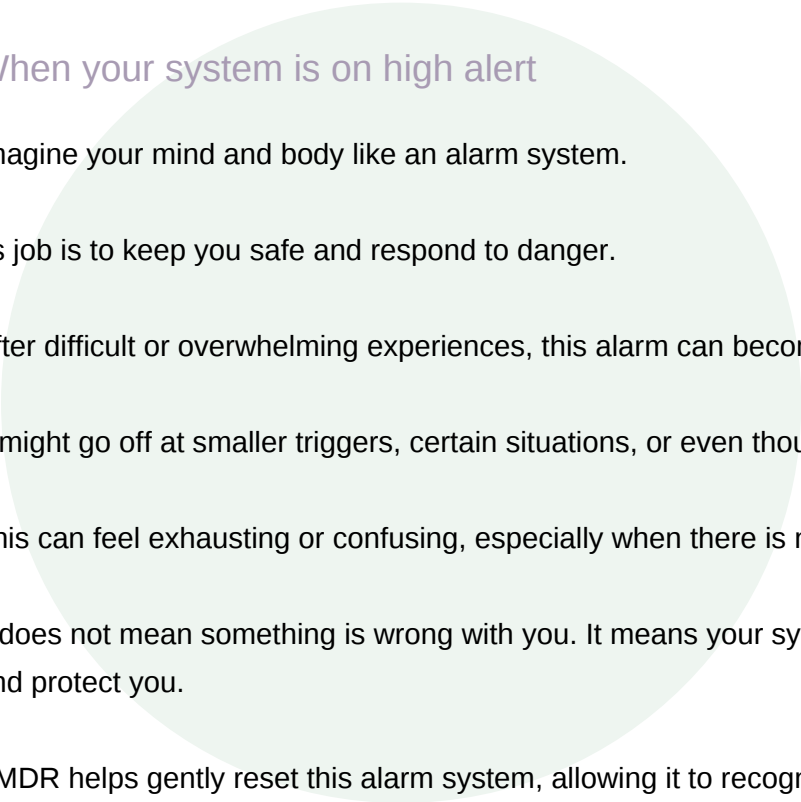


What is EMDR?

EMDR (Eye Movement Desensitisation and Reprocessing) is a therapy that helps your brain process experiences that may feel stuck.

Sometimes when something overwhelming happens, it does not fully process. Instead, it can stay stored in a way that still feels present.

EMDR supports your brain to gently reprocess these experiences so they begin to feel like something in the past, rather than something you are still in.



When your system is on high alert

Imagine your mind and body like an alarm system.

Its job is to keep you safe and respond to danger.

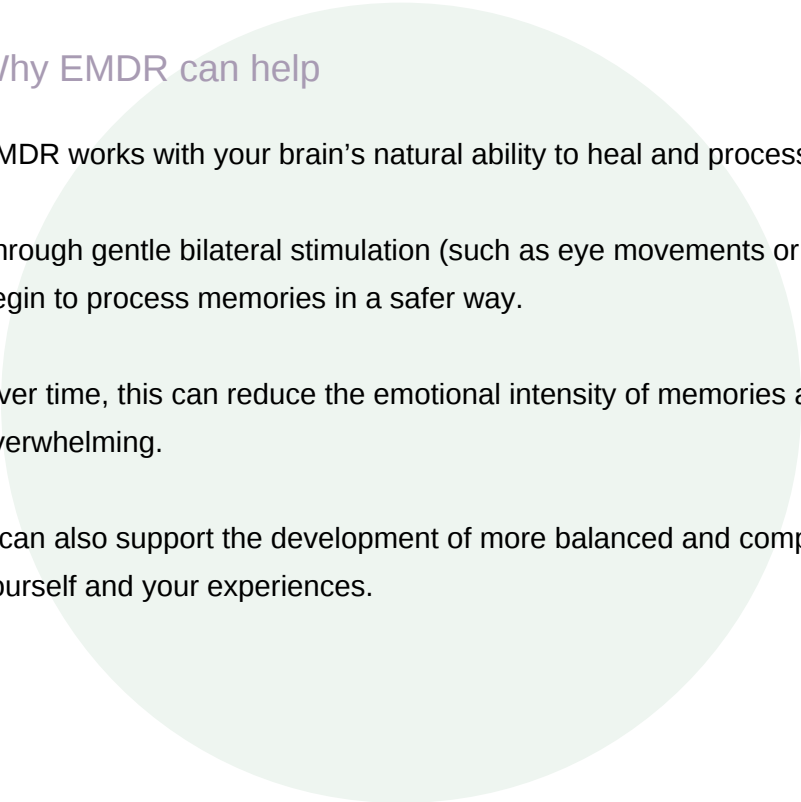
After difficult or overwhelming experiences, this alarm can become more sensitive.

It might go off at smaller triggers, certain situations, or even thoughts.

This can feel exhausting or confusing, especially when there is no clear danger.

It does not mean something is wrong with you. It means your system has adapted to try and protect you.

EMDR helps gently reset this alarm system, allowing it to recognise when you are safe again.



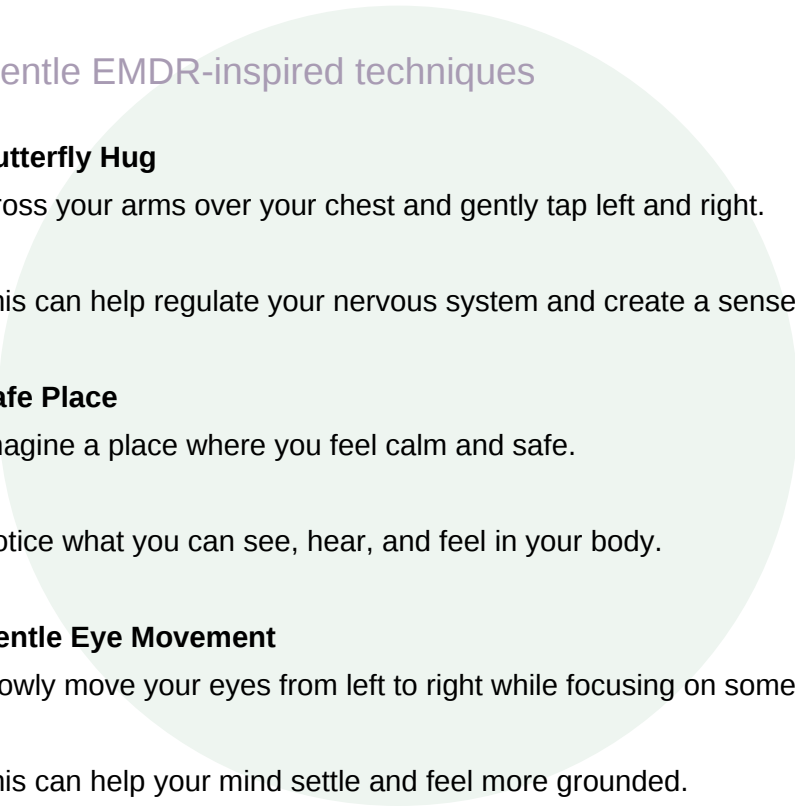
Why EMDR can help

EMDR works with your brain's natural ability to heal and process experiences.

Through gentle bilateral stimulation (such as eye movements or tapping), your brain can begin to process memories in a safer way.

Over time, this can reduce the emotional intensity of memories and help thoughts feel less overwhelming.

It can also support the development of more balanced and compassionate ways of seeing yourself and your experiences.



Gentle EMDR-inspired techniques

Butterfly Hug

Cross your arms over your chest and gently tap left and right.

This can help regulate your nervous system and create a sense of calm.

Safe Place

Imagine a place where you feel calm and safe.

Notice what you can see, hear, and feel in your body.

Gentle Eye Movement

Slowly move your eyes from left to right while focusing on something calming.

This can help your mind settle and feel more grounded.



A gentle reminder

EMDR is a process that happens gradually and at your own pace.

You do not have to do anything alone, and support is always important.

Small steps can begin to create change over time.

I'm glad you're here.