

The role of EMDR therapy



- EMDR (Eye Movement Desensitisation and Reprocessing) is a comprehensive, integrative evidence-based psychotherapy approach focused on reprocessing of memories of stressful and traumatic experiences, and on positive resources as well.
- **The World Health Organization (2013) has stated that EMDR is a therapy recommended for children, adolescents, and adults with PTSD:**

EMDR is also recommended by:

- National Institute of Clinical Excellence (NICE - UK, 2007)
- Veterans Affairs Dept. of Defense (2010)
- International Society for Traumatic Stress Studies (ISTSS, 2018)
- American Psychiatric Association (APA, 2004)

