

FAQs GUIDE

HOW ARE EMDR AND ART SIMILAR?

- Both use bilateral stimulation to address the symptoms of trauma.
- Both provide healing and symptom relief by helping clients restructure how they view previous trauma, the world, and themselves.
- Both work to resume the natural healing process by helping clients move past their feelings of “stuckness” related to their trauma.
- Both create movement where your brain may have gotten stuck in the stress response cycle to integrate information experience through traumatic experience.

HOW ARE THEY DIFFERENT?

ART - The client tends to experience more guidance and structure from the therapist, which in my experience results in efficient desensitization and reframing of traumatic events.

EMDR - The client tends to experience more time for free association (with guidance from therapist to move through different phases) during bi-lateral stimulation. In my practice, this has created opportunities for deep insight while desensitizing traumatic events.

HOW DO I DECIDE WHICH ONE IS BEST FOR ME?

- If you are naturally drawn to one or the other, go with your gut.
- Your therapist can also be helpful in deciding—if your therapist is trained in one or both forms of therapy, they will be able to provide you helpful feedback in which therapies will be most helpful for you.
- In my opinion, both are so good that you can't go wrong with either!



HOW MANY SESSIONS?

- It is hard to know exactly how many sessions of any form of therapy you will need to see the changes you want to make.
- Most clients will start to experience some level of change in 1-5 sessions for both EMDR and ART.

ARE THEY LIKE HYPNOSIS?

- Short answer: no.
- Longer answer: Hypnosis uses enhanced relaxation and altered states of consciousness to lead the client to be suggestible to change. EMDR and ART are tools based on the science of how information is stored and used by our brains to assist the brain in effectively “filing” traumatic information. During EMDR and ART the client is guided while in a fully conscious state to think about or experience trauma differently while their brain is primed for change and healed understanding.

WILL THIS REALLY WORK FOR ME?

Every client responds differently to eye-movement treatments, and while there's no guarantee, in my clinical experience virtually all clients have achieved some level of change and progress through earnest participation in either therapy.

