

Mind and Body:

Using eye movement desensitization and reprocessing for healing and recovery

Eye Movement Desensitization and Reprocessing

EMDR is a structured therapy that can help with trauma, posttraumatic stress disorder, anxiety, depression, obsessive-compulsive disorder, addiction, and other traumatic life experiences.

How does EMDR work?

EMDR uses bilateral stimulation—alternating movements or sensations on the left and right sides of the body—to help the brain reprocess and reduce the emotional intensity of painful memories.

Who can provide EMDR?

- Registered Psychologists
- Registered Clinical Counsellors
- Registered Social Workers
- Psychiatrists
- Licensed Psychotherapists (e.g., RP in Ontario)

Alternating movements or sensations you can try:

Physical movements

- Go for a bike ride
- Play a musical instrument
- Go for a walk
- Draw or make crafts



Create a mental refuge

- Visualize and focus on a place where you feel safe and calm
- Engage your senses—what do you see, hear, smell, feel?
- Use bilateral movement, such as alternating tapping on your shoulders, while focusing on this place

Please note: These activities are not a replacement for EMDR therapy.



Panel Discussion

CIPSRT (2025, June 25) Mind and body: Using dialectical behaviour therapy and eye movement desensitization reprocessing for healing and recovery. View the panel: <https://youtu.be/0tqm17HUC3E>

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