

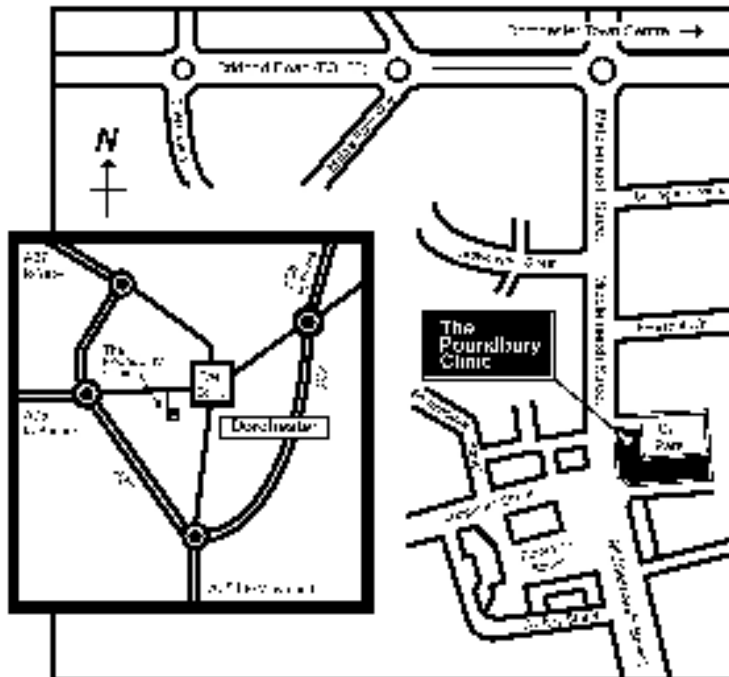
EMDR

(Eye Movement Desensitisation and Reprocessing)

Practitioner: Ginny Dobson

Clinic opening hours:
Monday - Friday: 8.30am to 5.30pm

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.



The Poundbury Clinic

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD
Tel: 01305 262626 Fax: 01305 262641
Email: info@thepoundburyclinic.co.uk
Website: www.thepoundburyclinic.co.uk



Eye Movement Desensitisation and Reprocessing (EMDR)

What is it?

EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a psychological treatment method developed by Francine Shapiro Ph.D. in 1987 in the USA. EMDR has received considerable empirical validation and is recommended by the National Institute for Clinical Excellence.

EMDR has been used most frequently for the treatment of Post Traumatic Stress Disorder. It is now used for treatment of phobias, panic disorders, performance anxiety, depression, pain and several other disorders. EMDR has been widely benefiting children and adults. EMDR is a powerful treatment method, therefore it is recommended you only consult with legitimate trained clinicians. EMDR UK, Ireland and EMDR Europe are the organizations approved for accredited training by the EMDR Institute in USA. There are now over 40,000 practitioners worldwide.

Francine Shapiro best describes: "EMDR integrates elements of many effective psychotherapies in structured protocols that are designed to maximize treatment effects. These include psychodynamic, cognitive behavioural, interpersonal, experiential, and body-centred therapies. EMDR is an **information processing therapy** and uses an eight phase approach.

During EMDR the client attends to past and present experiences in brief sequential doses while simultaneously focusing on an external stimulus. Then the client is instructed to let new material become the focus of the next set of **dual attention**. This sequence of dual attention and personal association is repeated many times in the session.

After EMDR processing, clients generally report that the emotional distress related to the memory has been eliminated, or greatly decreased, and that they have gained important cognitive insights. Importantly, these emotional and cognitive changes usually result in spontaneous behavioural and personal change, which are further enhanced with standard EMDR procedures."

EMDR is also used to enhance sports performance for athletes.

EMDR Practitioner at The Poundbury Clinic:

Ginny Dobson B Ed(Hons) RMN

Ginny is an experienced Cognitive Behavioural Psychotherapist and Traumatic Stress Practitioner, working with both adults and young people.

Formerly a Clinical Nurse Specialist in the NHS, she has been in private practice since 1996. Her experience includes working with those affected by rail, plane and boat disasters.

She is a registered provider with BUPA and has clinics in Wimborne, Wareham and Portland

Special interests:

- occupational stress (P/T staff counsellor with Dorset Fire and Rescue Services).
- post traumatic stress and other psychological sequelae of traumatic events e.g. road traffic accidents, physical assault, rape, the long term effects of childhood abuse (sexual, emotional and physical) and also war veterans.

At The Poundbury Clinic on Tuesdays 8.30 – 12.30.

Cost: £67 per 1 hour session

or contact Ginny: 07786 174224

For further information:

www.emdria.org

EMDR Association

www.estss.org

European Society of Traumatic Stress Studies

www.nice.org.uk

NICE guidelines for treatment of PTSD

Amended October 2008