

What kind of problems can EMDR treat?

Scientific research has established EMDR as an effective treatment for post-traumatic stress. However, clinicians have also reported success using EMDR in the treatment of:

- Depression
- Panic attacks
- Disturbing memories
- Performance anxiety
- Addictions
- Sexual and/or Physical abuse
- Agoraphobia
- Complicated grief
- Phobias
- Pain disorders
- Eating Disorders



Contact

Claire Gillingham

Tel 07747 419440 or 07525 442418

Email claire@CBTcotswold.co.uk

I offer out of hours and weekend sessions from a number of venues in the Nailsworth and South Gloucestershire area. If appropriate, home visits can be arranged (assessed on an individual basis).

Registered with major private health care providers.

Useful websites:

www.babcp.com

www.emdrassociation.org.uk

www.getselfhelp.co.uk

www.patient.co.uk

www.talk2gether.nhs.uk



www.CBTcotswold.co.uk

Claire GILLINGHAM

**CBT & EMDR
PRACTITIONER**



I am a Registered Mental Health Nurse (RMN) and have worked in the NHS for the last 27 years, working currently as an Independent Nurse Prescriber.

I have extensive experience working with all ages with a wide variety of mental health difficulties using CBT since 1999.

I have an accredited masters level diploma in Cognitive Behavioural Therapy (CBT) from Exeter University and I am an accredited BABCP practitioner. I undertake regular supervision with an accredited supervisor, as well as undergoing an annual criminal record bureau (CRB) check.

I am also an Eye Movement Desensitisation Reprocessing (EMDR) practitioner with full membership of the UK & Ireland EMDR association.



What is CBT?

CBT is a talking therapy that focuses on the here and now. It is time limited, working on clients' goals that involve out of session practice. What we think can affect how we feel and how we behave, and this in turn can have a negative impact on our lives. Clients and therapists work together to identify and understand problems in terms of the relationship between thoughts, feelings and behaviours, working within an individual map (formulation) that guides the treatment using specific models that are evidence based. It can help people with a wide range of mental health problems:

- Depression
- Panic Disorder
- Eating Disorders
- Obsessive Compulsive Disorder (OCD)
- Generalised Anxiety Disorder
- Post Traumatic Stress Disorder (PTSD)
- Agoraphobia
- Phobias
- Health Anxiety



What is EMDR?

EMDR has been developed since 1987, and scientific research has reported success with victims suffering from trauma. Since then EMDR has developed and evolved through the contributions of therapists and researchers all over the world. EMDR is a set of standardised protocols that incorporates elements from other treatment approaches.

How does EMDR work?

No-one knows how any form of psychotherapy works neuro-biologically or in the brain. However, we do know that when a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes "frozen in time", and remembering a trauma or flashback may feel as bad as going through it the first time, because the images, sounds, smells, and feelings haven't changed. This can have a lasting and negative effect on people's mental health.

EMDR seems to have a direct effect on the way that the brain processes information. Normal information processing is resumed, so following a successful EMDR session, a person no longer relives the images, sounds, and the feelings when the event is brought to mind. You still remember what happened but it is less upsetting. EMDR appears to be similar to what occurs naturally when during dreaming or REM (rapid eye movement) sleep. Therefore, EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way.

What does the session involve?

During EMDR, the therapist works with the client to identify a specific problem as the focus of the treatment session. The client calls to mind the disturbing issue or event, what was seen, felt, heard, thought, etc., and what thoughts and beliefs are currently held about that event. The therapist facilitates the directional movement of the eyes or other dual attention stimulation of the brain, while the client focuses on the disturbing material, and the client just notices whatever comes to mind without making any effort to control direction or content. Each person will process information uniquely, based on personal experiences and values. Sets of eye movements are continued until the memory becomes less disturbing and is associated with positive thoughts and beliefs about one's self; for example, "I did the best I could". During EMDR the client may experience intense emotions, but by the end of the session, most people report a great reduction in the level of disturbance.

How long does EMDR take?

One or more sessions are required for the therapist to understand the nature of the problem and to decide whether EMDR is an appropriate treatment. The therapist will also discuss EMDR more fully and provide an opportunity to answer questions about the method. Once therapist and client have agreed that EMDR is appropriate for a specific problem, the actual EMDR therapy may begin.

A typical EMDR session lasts from 60 to 90 minutes. The type of problem, life circumstances, and the amount of previous trauma will determine how many treatment sessions are necessary. EMDR may be used within a standard "talking" therapy, as an adjunctive therapy or as a treatment all by itself.