TRAUMA TIP SHEET

EMDR THERAPY CAN HELP

WHAT IS TRAUMA

Experiencing or witnessing a frightening, dangerous, or violent event can overwhelm our body's natural coping abilities. Exposure to death, injury, abuse, or sexual violence often causes trauma. Other more common life events like job stress, divorce, or accidents can cause a trauma response as well. People respond to trauma in many different ways.

70% ADULTS IN THE U.S. HAVE EXPERIENCED A TRAUMATIC EVENT*

SIGNS OF TRAUMA

- Depression, sadness, or social isolation
- Feeling the need to be hyper-aware or alert in case of danger
- An exaggerated startle response, on edge
- Increased irritability, sudden anger attacks
- Feelings of shame, guilt, or intense worry
- A sense of numbness in life
- Nightmares or flashbacks that relive the traumatic event
- Avoiding situations which may be reminders of event
- Difficulty functioning in daily life
- Substance abuse and dependence

Childhood trauma increases life-long health risks**

90% CLIENTS IN MENTAL HEALTH SERVICES HAVE EXPERIENCED TRAUMA***

HOW CAN EMDR THERAPY HELP?

EMDR stands for Eye Movement Desensitization and Reprocessing. It is a form of therapy that helps people heal from trauma or other distressing life experiences. EMDR therapy has been extensively researched and is recommended for trauma treatment.

Our brains have a natural way to recover from traumatic memories and events. Sometimes this natural recovery process can't be resolved without help. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. For many clients, signs of trauma like those above will diminish or disappear once EMDR therapy is complete.

www.emdria.org

*www.ptsdunited.org/ptsd-statistics-2/

**www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html

***www.integration.samhsa.gov/clinical-practice/trauma