

WHO Guidelines regarding EMDR

- WHO (2013). WHO Guidelines for the management of conditions that are specifically related to stress. Geneva, WHO
 - This therapy is based on the idea that negative thoughts, feelings and behaviours are the result of unprocessed memories
 - The treatment involves standardized procedures that include focusing simultaneously on:
 - (a) spontaneous associations of traumatic images, thoughts, emotions and bodily sensations and (b) bilateral stimulation most commonly in the form of repeated eye movements.
 - EMDR aims to reduce subjective distress and strengthen adaptive beliefs related to the traumatic event.
 - EMDR does **not** involve:
 - (a) detailed descriptions of the event, (b) direct challenging of beliefs, (c) extended exposure, nor (d) homework.