

Modalities

EMDR

“Eye Movement Desensitization and Reprocessing”

Eye movement desensitization and reprocessing (EMDR) is a form of psychotherapy developed by Francine Shapiro starting in 1988 in which the person being treated is asked to recall distressing images; the therapist then directs the patient in one type of bilateral stimulation, such as side-to-side eye movements or hand tapping.

EFT

“Emotional Freedom Techniques”

Emotional Freedom Techniques (EFT) is a form of counseling intervention that draws on various theories of alternative medicine including neuro-linguistic programming, energy medicine, and Thought Field Therapy (TFT).

Memory Reconsolidation

“Memory Reconsolidation” is the process of previously consolidated memories being recalled and actively consolidated. It is a distinct process that serves to maintain, strengthen and modify memories that are already stored in the long-term memory.

The traumatic memories are subtly recalled during the eye motions, replaced with waking memories and reconsolidated. The therapy involves using eye movement to simulate the kind of eye-brain activity associated with dreaming in sleep. Early research does confirm that eye movement can evoke memory.