

(Sample)

Adjunctive EMDR Treatment

A potent supplement for traditional talk therapy

When trauma or simple phobias are interfering with traditional therapy, adjunctive EMDR may be useful. When painful feelings about a single incident continue to intrude or interfere with otherwise healthy functioning, a short trial of EMDR may resolve the impasse.

Adjunctive EMDR involves brief, focused EMDR therapy, provided by the EMDR consultant to clients in collaboration with the referring therapist. Adjunctive therapy does not replace or interrupt ongoing therapy. It is complementary to the primary therapy relationship.

By narrowly targeting specific traumatic memories or isolated phobias, adjunctive EMDR can accelerate progress in traditional therapy, help the client and the primary therapist to clarify stuck points, and enrich the ongoing work.

Adjunctive EMDR treatment is usually structured as 3 to 12 sessions, interwoven into the treatment with the primary therapist by alternating sessions. Active collaboration and feedback is regularly provided to the primary therapist.

Adjunctive EMDR treatment is ideal for essentially well functioning individuals who have been unable to resolve a single incident trauma or simple phobia, and who have a good working relationship with their primary therapist. It is not designed for individuals whose primary diagnosis is PTSD or a Dissociative Disorder. While EMDR may be highly effective with those individuals, it may not be amenable to this model of brief adjunctive treatment.

Criteria for referral:

- Commitment to ongoing individual treatment with a therapist
- Primary therapist is interested in collaboration with EMDR consultant
- Ability to identify a clear target or stuck point
- No active substance abuse, self injury, or safety risks, including unstable living situations

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