

Finding Your Way Through Trauma: Our Eye Movement Desensitisation and Reprocessing (EMDR) Pathway

Traumatic experiences can leave lasting marks — intrusive memories, persistent anxiety, a sense of being permanently on edge, or feeling disconnected from yourself and others. If the past feels as though it's still happening in the present, you are not alone. This online EMDR pathway has been designed for adults carrying the weight of traumatic or distressing experiences, offering a structured, evidence-based route to processing and healing — guided throughout by a skilled EMDR professional.

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, sensitivity, and clinical insight to your journey. EMDR (Eye Movement Desensitisation and Reprocessing) is a powerful, extensively researched therapy that helps the brain process stuck or unresolved memories, allowing distressing experiences to be integrated in a way that reduces their emotional impact. Your therapist will guide you carefully through each stage of the process, ensuring you feel safe, prepared, and supported at every step. Together, you'll work through the eight phases of EMDR, including:

- **History taking and treatment planning** — understanding your experiences and identifying targets for processing
- **Preparation** — building safety, trust, and stabilisation skills before trauma processing begins
- **Assessment and desensitisation** — gently reprocessing distressing memories using bilateral stimulation techniques
- **Installation and body scan** — strengthening positive beliefs and releasing residual physical tension held in the body
- **Closure and re-evaluation** — consolidating progress and ensuring lasting change between and across sessions

Delivered online for flexibility and convenience, this pathway combines the proven effectiveness of EMDR with the personal guidance of a trained professional — so you are never alone as you move through the healing process. Sessions are paced carefully to suit your individual needs, with your therapist providing ongoing support, grounding, and encouragement throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort and privacy of your own home.

Is This Pathway Right for Me?

EMDR is recognised by the World Health Organisation (WHO) and NICE as a leading treatment for trauma, and has been shown to be effective for a wide range of presentations, including:

- Post-traumatic stress disorder (PTSD) and complex PTSD (C-PTSD)
- Childhood trauma and adverse early experiences
- Sexual, physical, or emotional abuse or neglect
- Accident, injury, or medical trauma
- Grief and complicated bereavement
- Birth trauma
- Workplace trauma, including emergency service and frontline worker experiences
- Anxiety, panic, and phobias rooted in past experiences
- Low self-worth and negative core beliefs stemming from difficult life events
- Depression linked to unresolved trauma

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.