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Can Moving Your Eyes Re-Code Your Memories? **How EMDR works? Look at this animation (English)**

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What is Eye Movement Desensitization and Reprocessing? *DEMONSTRATION: How Eye Movement*

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Introduction: The present study was conducted with the aim of investigating the efficacy of eye movement desensitization and reprocessing (EMDR) on the quality of life (QOL) in patients with major depressive disorder (MDD). Methods: This is a randomized clinical trial study that investigated the efficacy of EMDR on the QOL in patients with MDD.

[The effectiveness of eye movement desensitization and ...](#)

To explore the efficacy of Eye Movement Desensitization and Reprocessing (EMDR) to treat Iranian Veterans who have experienced Post-Traumatic Stress Disorder (PTSD) after Iran-Iraq war, a pilot study was designed with pre-test, post-test and control group.

Eye movement desensitization and reprocessing (EMDR) is a relatively new psychotherapy that has gradually gained popularity for the treatment of post-traumatic stress disorder. In the present work, the standardised EMDR protocol is introduced, along with current hypotheses of its mechanism of action ...

A growing number of studies investigate Eye Movement Desensitization and Reprocessing (EMDR) treatment for posttraumatic stress disorder (PTSD), but no s ... The Efficacy of Eye Movement Desensitization and Reprocessing in Children and Adults Who Have Experienced Complex Childhood Trauma: A Systematic Review of Randomized Controlled Trials

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. According to the 2013 World Health Organization practice guideline ...

Efficacy of "eye movement desensitization and reprocessing" in reducing anxiety and unpleasant feelings due to earthquake experience. *Psychological Research*, 9 (3-4), 104-117. EMDR is effective in reducing earthquake anxiety and negative emotions (e.g. PTSD, grief, fear, intrusive thoughts, depression, etc) resulting from earthquake experience.

Aim: There is an extensive body of research examining the efficacy of Eye-Movement Desensitization Reprocessing (EMDR) therapy in treatment of Post-traumatic Stress Disorder (PTSD). This systematic narrative review aimed to systematically, and narratively, review robust evidence from Randomized-Controlled Trials examining the efficacy of EMDR therapy.

EMDR stands for Eye Movement Desensitization and Reprocessing. EMDR therapy is an innovative clinical treatment for trauma including Post Traumatic Stress Disorder (PTSD) , sexual abuse, domes-

tic violence, combat, crime, and those suffering from some other trauma-related complaints including depression, addiction, phobias and some self-esteem issues.

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[EFFICACY OF EYE MOVEMENT DESENSITIZATION TREATMENT THROUGH ...](#)

Background. Eye movement desensitization and reprocessing (EMDR) and trauma-focused cognitive-behavioral therapy (CBT) are both widely used in the treatment of post-traumatic stress disorder (PTSD). There has, however, been debate regarding the advantages of one approach over the other. This study sought to determine whether there was any evidence that one treatment was superior to the other.

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[The efficacy of eye movement desensitization and ...](#)

Abstract. Background: Post-traumatic stress disorder (PTSD) is one of the more commonly occurring mental disorders following potentially traumatizing events soldiers may encounter when deployed abroad. One of the first-line recommended treatment options is eye movement desensitization and reprocessing (EMDR). The number of studies assessing the effectiveness of EMDR in German soldiers under routine conditions is currently almost nil.

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The principal aim of this meta-analysis was to examine the efficacy of eye movement desensitization and reprocessing (EMDR) therapy for PTSD symptoms in children and adolescents. Secondary objectives were to assess whether EMDR therapy was effective to improve depressive or anxious comorbid symptoms.

The effectiveness of an internet based eye movement desensitization (Internet EMD) developed mainly on the third and fourth phases of Shapiro's EMDR protocol as a treatment of current emotional impact of personal distressing memories was examined both in the Internet EMD group (n = 49) and in the delayed Internet EMD group (n = 45) of a non-clinical female university student sample.

Eye movement desensitization and reprocessing (EMDR) is an effective treatment for PTSD for victims of natural disasters, car accidents or other traumatic events. The current study examined the effect of EMDR on symptoms of PTSD and depression by comparing the treatment with a wait-list control condition in Syrian refugees.

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Eye movement desensitization and reprocessing (EMDR) was developed by Francine Shapiro, and is a complex and specific desensitizing treatment method. EMDR therapy desensitizes patients to anxi-

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Abstract. The aim of the study was to determine the effectiveness of the recently developed Eye Movement Desensitization (EMD) procedure on traumatic memory symptomatology. Twenty-two subjects suffering from symptoms related to traumatic memories were used in the study. All had been victims of traumatic incidents concerning the Vietnam War, childhood sexual molestation, sexual or physical assault, or emotional abuse.

Efficacy of eye movement desensitization and reprocessing in children and adolescent with post-traumatic stress disorder: a meta-analysis of randomized controlled trials. *Front. Psychol.* 8:1750. doi: 10.3389/fpsyg.2017.01750

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