

Heales Medical

Occupational Health



EMDR Services - Guide for Employees

www.heales.com

What is EMDR?

EMDR stands for Eye Movement Desensitisation Reprocessing. EMDR is a form of psychotherapy that aims to help people overcome traumatic memories and experiences that are affecting your mental health and wellbeing. EMDR helps you to process these memories and experiences using side to side eye movements.

EMDR is a form of psychotherapy developed in the 1980s by American psychologist Francine Shapiro. During a stroll in the park, Shapiro made a chance observation that certain eye movements appeared to reduce the negative emotion associated with her own traumatic memories. When she experimented, she found that others also exhibited a similar response to eye movements, and so she set about conducting controlled studies before developing a multiphase approach to trauma reduction.

Today, the treatment is used to treat a wide range of psychological difficulties that typically originate in trauma, such as direct or indirect experiences of violence, accidents or natural disaster. EMDR is also used to treat more prolonged, low-grade distress that originates in shock or loss and/or issues experienced during childhood.

EMDR has been recommended as a treatment for Post-Traumatic Stress Disorder by the National Institute of Health and Care Excellence (NICE), the World Health Organisation and the American Psychiatric Association and Government Defence and Veterans departments. However, whether diagnosed as having a Disorder or not, anyone suffering from Post-Traumatic Stress will benefit from EMDR treatment.

EMDR can be helpful to resolve issues such as:

- Depression
- Addictions
- Anxiety
- Obsessive Compulsive Disorders
- Phobias and Fears
- Low self-esteem
- Stress
- Weight management
- Bereavement
- Work-place stress

Advanced EMDR

EMDR normally takes 6-12 sessions of 60-120 minutes to enable the therapist to identify traumas and then undertake the EMDR. People with complex traumas may need more sessions. This requires the patient to potentially 're-live' the traumas. At Heales Wellness we provide an expedited technique, which can be provided via video, or face to face, and reduces the number of sessions required, but delivers improved outlooks. Our Advanced EMDR is over 94% effective and removes the need to re-live traumas.

How will EMDR appointments be delivered?

Firstly you will have a telephone consultation with the therapist. If it is agreed that EMDR will help then we will e-mail you a secure online questionnaire and offer you 4 video call or face-to-face appointments. You will receive an appointment offer email from Heales Medical where you can either accept or decline the appointment by following the link provided. On the day of the appointment you will receive an email with a secure link to your video appointment, be sure you are in a private space where you feel comfortable to talk to the therapist.

Immediately following completion of your treatment we will e-mail you a new secure online questionnaire which we kindly ask you to complete. This is to measure how effective you feel the treatment has been for you. One month following completion of your treatment we will follow-up with you again, to check that the treatment provide continues to be effective, and again after 3, 6 and 12 months. You will be able to self-refer back for a "top up" session of A-EMDR if required, although this is not common.

Please watch the video below to understand more:

[EMDR: What to Expect from Your EMDR Treatment](#)

References

1 Mind Clinical Hypnotherapy. (2022). Easy EMDR - 1 Mind Clinical Hypnotherapy. [online] Available at: <https://1mind.org/easy-emdr/> [Accessed 29 Oct. 2024].

Radford-Shute, A. A Guide to EMDR Eye Movement Desensitisation and Reprocessing (EMDR). (n.d.). Available at: <https://1mind.org/wp-content/uploads/2022/10/A-Guide-to-EMDR-1MIND.pdf> [Accessed 29 Oct. 2024].

HSE (2024). Statistics - Working Days Lost in Great Britain. [online] [www.hse.gov.uk](https://www.hse.gov.uk/statistics/dayslost.htm). Available at: <https://www.hse.gov.uk/statistics/dayslost.htm>.

Mental Health Foundation (2023). Mental health at work: statistics. [online] [www.mentalhealth.org.uk](https://www.mentalhealth.org.uk/explore-mental-health/statistics/mental-health-work-statistics). Available at: <https://www.mentalhealth.org.uk/explore-mental-health/statistics/mental-health-work-statistics>.

NICE (2018). Post-traumatic stress disorder. [online] <https://www.nice.org.uk/guidance/ng116/chapter/Recommendations#management-of-ptsd-in-children-young-people-and-adults>

World Health Organisation (2024). Post-traumatic stress disorder. [online] <https://www.who.int/news-room/fact-sheets/detail/post-traumatic-stress-disorder>.

American Psychiatric Association. Posttraumatic Stress Disorder (PTSD). [online] <https://www.psychiatry.org/patients-families/ptsd> [Accessed 15 Aug. 2025].

**Heales Medical
Occupational Health**

a Heales Innovation company

Heales Medical
29 Bridge Street
Hitchin
Hertfordshire
SG5 2DF

03333 449 089
info@heales.com
www.heales.com