

Heales Medical

Occupational Health



EMDR Services - Guide for Managers

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 does EMDR fit into Occupational Health?

Heales Medical has been providing a full range of specialist Occupational Health services for over 25 years, to a diverse range of public and private sector clients such as Fire Fighter authorities, Higher Education, NHS, Schools and Local Authorities.

Our focus is on aiding clients to reduce sickness absence and improve employee health and wellbeing, tailoring our processes to the causes/ effects of absence, client policies, procedures and systems to provide a balanced approach with objective, evidence-based advice. We proactively manage all cases to completion. We constantly review trends to alert client managers as issues arise and work with different managers and teams to ensure the OH service meets the client's goals.

776,000 workers were estimated to be affected by work-related stress, depression or anxiety in 2023/24, resulting in an estimated 16.4 million working days lost. The rate of self-reported work-related stress, anxiety or depression has increased over recent years.

Please watch the video below to understand more:

[EMDR: Information for Managers](#)

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