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## Counseling in Combination with Integrative Medicine

### EMDR Treats Trauma/PTSD



by Jack Swope, LPC, U.S. Army Colonel, Retired

**How many of you have heard of EMDR?** EMDR stands for “**Eye Movement Desensitization and Reprocessing.**” Presumably, none of you before 1978, when the late Dr. Francine Shapiro took her “walk in Central Park” and discovered EMDR. At the time she named it EMD, or “Eye Movement Desensitization.” **The story about her walk in Central Park has now been elevated by EMDR therapists to a legend.** It is said, she was recovering from cancer, and was consumed by worry and a myriad of other concerns, and decided to take a walk through Central Park to clear her head. **And it worked.** Since she was a consummate researcher, **she then began to wonder WHY it cleared her head?** Or rather, she reasoned the walk did not clear her head of what she had been thinking; it cleared her head of the disturbance she felt when she thought about those things.

#### **The Walk**

She eventually settled on the simple act of her **eyes going back and forth** across her

path as she walked, as being the mechanism which reduced the feelings of upset she had been experiencing before her walk. Now, I don't know about you, but if I were walking and moving my eyes back and forth across my path, I'd probably run into a tree. But, it worked for her and a truly remarkable therapy was born. **In the intervening years, EMDR has evolved into a useful therapy for reducing or clearing a number of mental problems.**

### Tested

It was "product tested" or scientifically validated, in 1979 with a number of volunteers, including Vietnam War veterans and sexual assault survivors with diagnosed PTSD. The trials verified EMDR worked to significantly reduce...

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We are so grateful for these continuing sponsors and urge you to also consider a sponsorship of the [event](#).



### Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.