

INTEGRATIVE ELEMENTS OF EMDR

- Psychodynamic → etiology of internal experiences
- Behavior → change the behavioral responses
- Cognitive → beliefs
- Experiential → emotions
- Somatic → focus on the body
- Hypnotic → imagery work
- Systems → contextual/relational understanding

What distinguishes EMDR from other empirically validated PTSD treatments?

- Rapid decline in SUD during treatment
- Immediate, spontaneous change in cognitions without Socratic challenging
- No narrative (it is possible to process the memory without knowing the content)
- No homework beyond “just notice”
- Increased recall of details based on spontaneous processing