How to contact us:

Write to:

Community Learning Disability Team
The Redwoods Centre
Somerby Drive
Bicton
Shrewsbury
Shropshire
SY3 8DS

Email CLDTShrops@mpft.nhs.uk

Telephone: 01952 457417

IN AN EMERGENCY

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. If they are not there, ask for the Duty Worker. Someone will talk to you.
	On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. If there is a fire, please phone 999 ask for 'Fire Service'.

If you require this information in another language or any other format, please contact Customer Services on 01785 783023, or customer.services@mpft.nhs.uk

Adult Learning Disabilities

NHS
Midlands Partnership University
NHS Foundation Trust

The Adult Community Learning Disability Service



Using EMDR for Anxiety

What is EMDR?



EMDR stands for
Eye-Movement
Desensitisation
Reprocessing



EMDR is a type of therapy used to help people cope with anxiety.



Feeling anxious might:

- Stop you going out
- Stop you doing things you used to enjoy, like seeing friends
- Make you feel uncomfortable

EMDR can help you to feel better.



Lots of people have found that EMDR has helped them.

Anxiety and EMDR



Usually, people have experienced one of a few events that made them feel anxious about something.



Sometimes we can remember these events, sometimes we can't.



A EMDR therapist will help you think back to the first time you felt anxious.



EMDR can then help to work through times when you felt anxious before things that frighten you now and your fears for the future.
This will make it easier to cope with the anxiety.

What will happen in the session?



You will talk about how you feel with your therapist.





Your therapist will help you think about a safe place, like a beach or forest.
This will help you relax.



You will talk about the times you felt anxious.

Your therapist will ask you to do one of these things:

- Watch their fingers while they move them in front of your eyes.
- Hold something in your hands that will buzz



What will happen in the session?



You will do this for a few minutes then it will stop.

You therapist will ask how you felt.



You might do it again until you feel better.

Thinking about the times you feel anxious can be hard.



Your therapist will help you feel better before you leave.



You can stop the session whenever you want.

What will happen after the session?



You might think more about your anxiety and when it started after your session.
This is normal and will get better.



You can talk to your therapist or someone you trust if you feel upset.





You can use your safe place in between sessions to help you feel better.



Your therapist can help you feel relaxed to help you feel better.

How long will it take?



After some time doing EMDR people often feel a lot better.





You will still have the memories of when you felt anxious, but you will feel better thinking about them.
You should feel less anxious about events now and in the future.



Memories involving just one difficult experience feeling anxious can often be worked through in 2 or 3 sessions.

If you had lots of experiences that made you feel anxious the therapy may take longer.