(re)treat.
Wellness, LLC of Tampa Bay

What is EMDR therapy and why does it work?

EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based therapy that helps the brain process and heal from distressing memories, beliefs, and experiences. It's widely used for trauma recovery but also supports performance, relationships, and resilience.

EMDR (Eye Movement Desensitization and Reprocessing) works by helping the brain process and integrate distressing memories that haven't been fully processed. When a traumatic or upsetting memory is "stuck," it can trigger ongoing emotional and physical reactions. EMDR uses guided eye movements or other forms of bilateral stimulation to safely activate the brain's natural processing system, allowing these memories to be reprocessed and stored in a less distressing way. Over time, this can reduce the intensity of negative emotions and help people feel more in control, calmer, and able to move forward.

How is EMDR different from talk therapy?

Talk therapy often focuses on discussion and insight over time. EMDR activates the brain's natural healing process so memories lose their intensity. You don't need to retell every detail of painful events or complete homework between sessions.

What should I expect during EMDR therapy?

EMDR starts with your therapist guiding you through the process and helping you feel safe and comfortable. Together, you identify the memories, beliefs, or sensations you want to work on. Then, using eye movements, tapping, or sounds, your brain reprocesses these experiences until they feel less intense. Each session wraps up with grounding and reflection, helping you absorb new insights and leave feeling more balanced and in control.

Important to know: EMDR is hard work. Processing distressing material can be emotionally intense, and it's normal to feel tired or stirred up afterward. With support, this discomfort usually passes, and many clients report deep relief, clarity, and calm as treatment progresses.

What is an EMDR intensive?

An intensive is a series of longer sessions (1.5–2 hours) scheduled over days or weeks instead of months. This condensed format allows for faster relief, momentum, and flexibility.

Who benefits from EMDR intensives?

Intensives are ideal if you need results quickly, have a busy or unpredictable schedule, are preparing for or recovering from a major life event, or want a jump-start on healing or growth.

Are EMDR intensives only for trauma?

No. In addition to trauma recovery, EMDR helps with performance in sports, business, and creativity; breaking unhelpful relationship patterns; and confidence and resilience in everyday life.

What does an intensive include?

Intensive include pre-consultation to confirm fit and clarify goals, a personalized treatment workbook, 3–9 extended sessions (1.5–2 hours each) in person or virtual, post-treatment interview for integration, and optional ongoing support for long-term goals.

How quickly will I feel results?

Some clients notice shifts right away; others after several sessions. Because intensives condense treatment, progress is often faster than with weekly therapy.

Is EMDR therapy evidence-based?

Yes. EMDR is supported by decades of research and recognized by the World Health Organization, the U.S. Department of Veterans Affairs, and the American Psychological Association as an effective treatment for trauma and related conditions.

Can I continue with regular therapy after an intensive?

Absolutely. Some people use intensives as a stand-alone option, while others return to weekly therapy or schedule periodic intensives for continued support.