A new BEGINNING
Where lasting change is possible

Self-Guided EMDR

Rewiring the Mind for Peace & Recovery

This self-guided introduction to Eye Movement Desensitization and Reprocessing (EMDR) helps you connect your mind with your body, which is a key component of this model.

Step 1: Connect with Calmness in Your Body

Creating an internal sense of emotional safety is key to EMDR. To do this, try this exercise:

1. Imagine a peaceful place in your mind. This could be a real place you 've been to, or an imagined place that isn't real but feels wonderfully calming. Picture it in as much detail as possible, identifying colors, sounds, smells, and textures.
2. Tune into how your body feels when you imagine this place ~ relaxed, safe, at ease, calm.
3. Name this place in your mind (e.g.,"my calm cabin" or "the beach").
4. Bring up this image and say its name anytime you feel overwhelmed. Allow your mind to re-connect with the sensations of this place and the associated calmness in your body.

Step 2: Notice Body Sensations

Becoming aware of physical sensations in your body is a helpful component of EMDR. To do this, try this exercise:

1. Think of a mildly stressful moment from your day.
2. As you think about this, notice where you feel tension or tightness in your body. Head? Chest? Stomach? Throat?
3. Take a few deep breaths and imagine warmth and kindness flowing to that spot(s) in your body. You may even switch to the peaceful place you created in Step 1.
4. Write down what you noticed and how your body felt as you noticed its sensations.

Next Steps:

Healing painful experiences from your past is a powerful way to reclaim your power and your joy, and feel good in your life today. If you'd like to learn more about how EMDR can support your therapeutic healing, our skilled EMDR clinicians are here for you.

Full recovery happens. Contact us today to get started!

Disclaimer: Please note that this guide is educational in nature. Downloading, reading, and/or using this guide is not a replacement for mental health treatment and does not constitute entering into a formal therapeutic treatment relationship with any providers at A New Beginning. If at any time theexercises in this guide start to feel uncomfortable, please stop immediately and seek support.

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