



EMDR Therapy And ADHD

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What Is EMDR Therapy?

- ▶ EMDR stands for Eye Movement Desensitization and Reprocessing
- ▶ It is an evidence-based technique to help reduce symptoms related to:
 - *Trauma & PTSD*
 - *Anxiety and Phobias*
 - *Depression*
 - *Addictions*
 - *Other Emotional Problems*



How Does EMDR Work?

- ▶ EMDR releases emotional experiences that are trapped in the nervous system allowing our brain to process the information.
 - ▶ Disturbing childhood memories
 - ▶ Recent traumatic event
- ▶ EMDR uses bilateral stimulation so both the right and left hemispheres of the brain are engaged
- ▶ Negative thoughts and beliefs associated with disturbing events are accessed during EMDR
- ▶ Painful feelings are exchanged for resolved, peaceful feelings



ADHD & Trauma

- ▶ Definition of Trauma
 - ▶ Major
 - ▶ Small “t”
- ▶ ADHD and Trauma brain response
 - ▶ Often reactive versus proactive
 - ▶ Pre-frontal cortex - impaired executive functions
- ▶ Experiences can lead to negative feelings
 - ▶ “I’m lazy”
 - ▶ “I do bad things”



EMDR and ADHD

- ▶ Negative thoughts and beliefs can become:
 - ▶ “I’m okay as I am” versus “I’m not good enough”
 - ▶ “I can learn from my mistakes” versus “I do bad things”
- ▶ Traumatic memories/discouraging experiences can be resolved (brain calmed)
- ▶ Relief from emotional distress
 - ▶ Anxiety
 - ▶ Sadness
 - ▶ Guilt
 - ▶ Anger



EMDR Process

- Intake/Assessment
- Resourcing (Mindfulness, Coping Skills)
- Target Sequence Planning
- Processing
- Reevaluation