

# EMDR Within the Phase Model of Trauma-Informed Treatment

Trauma-informed treatment is an approach to therapy that is based on the understanding that trauma can have a profound impact on a person's physical, emotional, and mental health. This type of therapy seeks to create a safe and supportive environment in which clients can process their trauma and begin to heal.



## EMDR Within a Phase Model of Trauma-Informed Treatment by Ricky Greenwald

★★★★☆ 4 out of 5

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The phase model of trauma-informed treatment is a specific type of trauma-informed therapy that was developed by Dr. Judith Herman. This model consists of eight phases, each of which is designed to help clients move through the process of trauma recovery.

EMDR (Eye Movement Desensitization and Reprocessing) is a type of therapy that can be used within the phase model of trauma-informed

treatment. EMDR is a powerful tool that can help clients process trauma memories and reduce the symptoms of trauma.

## **The Eight Phases of the Phase Model of Trauma-Informed Treatment**

1. **Safety and Stabilization:** This phase focuses on creating a safe and supportive environment for the client. This may involve setting boundaries, developing coping mechanisms, and teaching the client about trauma.
2. **Remembrance and Mourning:** This phase helps the client to remember and mourn the trauma they have experienced. This may involve exploring the details of the trauma, expressing emotions related to the trauma, and developing a sense of loss for what was taken away.
3. **Reconnection and Integration:** This phase helps the client to reconnect with themselves, others, and the world around them. This may involve rebuilding relationships, developing new interests, and finding meaning in life.
4. **Re-evaluation and Meaning-Making:** This phase helps the client to re-evaluate their experiences and make meaning of their trauma. This may involve understanding the impact of the trauma on their life, developing a sense of resilience, and finding purpose in their life.
5. **Completion and Transformation:** This phase helps the client to complete the process of trauma recovery and achieve transformation. This may involve letting go of the past, embracing the present, and envisioning a future that is free from trauma.

## How EMDR Can Be Used in Each Phase of the Phase Model of Trauma-Informed Treatment

EMDR can be used in each phase of the phase model of trauma-informed treatment to help clients process trauma and achieve healing. In the safety and stabilization phase, EMDR can be used to help clients develop coping mechanisms and manage their symptoms of trauma. In the remembrance and mourning phase, EMDR can be used to help clients process trauma memories and express their emotions related to the trauma. In the reconnection and integration phase, EMDR can be used to help clients reconnect with themselves, others, and the world around them. In the re-evaluation and meaning-making phase, EMDR can be used to help clients understand the impact of the trauma on their life and develop a sense of resilience. In the completion and transformation phase, EMDR can be used to help clients let go of the past and envision a future that is free from trauma.

EMDR is a powerful tool that can be used within the phase model of trauma-informed treatment to help clients process trauma and achieve healing. This type of therapy can help clients to move through the different phases of trauma recovery and build a life that is free from the effects of trauma.



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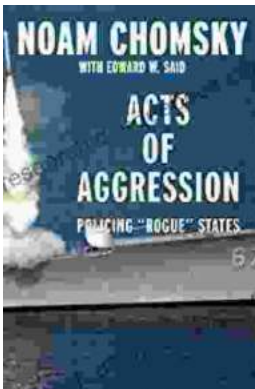
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