EMDR THERAPY

PAST

Unresolved Past Experiences

Past experiences that are dysfunctionally stored in the memory systems and contribute to the disturbing issues, symptoms and triggers in the present.

PRESENT

Present Issues/Circumstances

FUTURE

Future Desired States/Goals Trigger ➡ Desired State/Goal

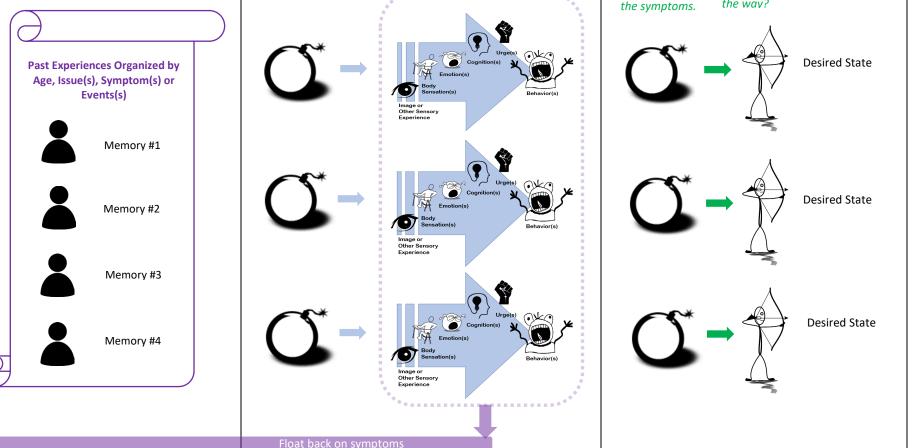
Trigger = theSystimuli/cues that areinjcapable of stimulating(i.athe symptoms.co

Trigger

Symptom = the dysfunctionally stored information that is elicited by the trigger (i.e. negative physiological, emotional, cognitive or behavioral reactions).

Symptoms

Trigger = the stimuli/cues that are capable of stimulating the symptoms. Desired State = how would you like to be feeling, sensing, believing, perceiving, and behaving today and in the future? What changes would be necessary? What gets in the way?



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