

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Eye Movement Desensitization and Reprocessing (EMDR)

An Evidence-Based Practice

What is Eye Movement

Desensitization and Reprocessing?

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that helps people to heal from the symptoms and emotional distress that can happen because of bad things that have happened in their lives. Many studies show that by using EMDR therapy people can get the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a

long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body heals from physical

trauma. Using the detailed rules and specific steps learned in EMDR therapy training sessions, therapists help consumers start their natural healing processes.



How Does EMDR Work?

EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. When you cut your hand, your body works to close the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. Once the block is removed, healing resumes. EMDR therapy proves that a similar sequence of events occurs with mental processes. The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing can begin.



Who is EMDR for?

EMDR is for adult consumers who have a history of trauma.



To Learn More

Talk about if EMDR is right for you with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.