



sherilynacy@gmail.com

centerforemdr.com

5866 Karen Street

Ooltewah, TN 37363

423-910-9430

Center for EMDR Therapy

Welcome

Welcome to Center for EMDR Therapy! I am very glad you are here. Are you searching for change? Profound and permanent change is possible, and EMDR Therapy is a powerful tool to help you meet your goals for healing...for change...and for the life you want for yourself.

About Me

I am an LPC-MHSP (licensed professional counselor) and a certified EMDR therapist. I have been counseling for seven years, and have experience counseling people struggling with depression, anxiety, post-traumatic stress disorder, anger, grief, relationship conflict, and other issues.

Depression and anxiety strangled the life from me for many years. Through spiritual growth and counseling I came to see that the root of my pain was that I believed I was not worthy of love. As I began to learn to love myself and accept love from others, my depression and anxiety loosened their hold, and peace flowed into my heart. Loving others became easier. My healing journey led me to a special interest in helping other people learn to practice compassion toward themselves and others.

The foundation of my theory of counseling is a belief in a loving, present, and powerful God. The counseling theory I most rely on is Adaptive Information Processing, the theory underlying Eye Movement Desensitization and Reprocessing (EMDR). I integrate elements of client-centered, cognitive-behavioral, attachment, Internal Family Systems, and other theories.

About EMDR Therapy

What is EMDR?

A Type of Psychotherapy

EMDR is a type of psychotherapy. It was developed in 1987, and first came to be respected as a highly effective treatment for trauma survivors. Later, therapists found it to be effective with many other mental health issues.

The Theory Underlying EMDR

EMDR is based on a theory that a person's current negative feelings and problematic behavior are caused by hurtful experiences in their past that were never fully resolved (worked through and stored in the brain as just something that happened, rather than as something disturbing). Instead, the memories and what the person learned from them (for example, that people can't be trusted, or that crying is shameful) show up in the feelings s/he has now, and the choices s/he bases on those feelings.

What Happens During EMDR Therapy?

During EMDR, the client thinks of a traumatic event we have chosen together ahead of time, and moves her eyes back and forth (or experiences some other form of bilateral stimulation). The bilateral stimulation interrupts her brain's usual ways of processing a memory, allowing for a therapeutic re-processing of the memory that reduces the painful emotions associated with the memory, and replaces the negative beliefs she came to as a result of the experience with positive beliefs. This re-processing results in less emotional pain, more confidence, and a stronger, more unified sense of self.

How Does EMDR Work?

A Natural Physiological Process

According to the EMDR International Association, no one knows how EMDR works, but it seems to harness a natural physiological process in a person's brain, similar to the process that happens during the REM phase of sleep. During this natural physiological process, the emotional disturbance associated with a memory is reduced and the memory becomes organized into a story about something that happened to us, but no longer disturbs us. The Adaptive Information Processing theory that EMDR is based on says that our brains naturally process disturbing events, but when the disturbance is more than our system can handle, because we are too young, or because the event is too overwhelming, the disturbing event is left in our brain unprocessed. The feelings and beliefs we have as a result of these unprocessed disturbing events are the reason for our difficulties in our present life.

One Hypothesis: Memory Reconsolidation

A number of hypotheses about what makes EMDR effective exist. One hypothesis is the memory reconsolidation theory (by Bruce Ecker and Laurel Hulley, who wrote “Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation”).

Memory reconsolidation is a type of neuroplasticity where, under the right conditions, a memory or “emotional learning” is brought out from where it is stored, challenged in just the right way with new learning, and the new learning deletes the old learning by overwriting it. EMDR, as well as a few other types of therapies, sets up these conditions and creates transformational change.

Why is EMDR Therapy So Exciting?

EMDR Creates Transformational Change

Transformational change eliminates symptoms, such as depression, anxiety, low self esteem, fear, flashbacks, and anger, rather than just managing them. For about 100 years, psychotherapists believed that memories that were deeply embedded in our brains because of the strong emotion attached to them could not be changed, but could only be challenged with new information. Clients had to learn to ignore the old learning and instead put their attention on the new learning. Memory reconsolidation, on the other hand, permanently changes disturbing material. EMDR Therapy is one of only 14 therapies that create transformational change in the brain, rather than counteractive change (Ecker, Ticic, and Hulley, p. 5).

Transformational Change in the Brain Leads to Transformed Lives

This transformational change is the reason why clients and therapists who experience EMDR are so impressed. Depressed people who undergo successful EMDR Therapy don't just feel better: they are no longer depressed. Anxious people don't just experience less anxiety: they no longer struggle with anxiety. People who state with certainty that they can “never get over” an experience find that the experience no longer disturbs them.