



Post-EMDR Session Support: **A Guide to Nurturing Your Healing Process**

Congratulations on completing your recent Eye Movement Desensitization and Reprocessing (EMDR) session! We recognise that this therapy can bring up various emotions and sensations, and we want to provide you with some guidance on how to support yourself as you continue on your healing journey. This handout aims to offer practical tools and reminders to assist you in nurturing your well-being between sessions.

Self-Care:

Prioritise restful sleep: After an EMDR session, your mind and body may need time to integrate the experience. Make sure to get enough sleep to allow for proper rest and rejuvenation. Establish a regular sleep routine, create a calming bedtime ritual, and create a comfortable sleep environment.

Practice grounding techniques: EMDR can sometimes bring up intense emotions or memories. Engaging in grounding techniques can help you feel more present and connected to the here and now. Try deep breathing exercises, progressive muscle relaxation, or mindfulness meditation to help you stay centered.

Engage in self-soothing activities: Identify activities that bring you comfort and joy, and make time for them regularly. It could be anything from taking a warm bath, reading a book, listening to music, going for a walk in nature, or spending time with loved ones. Engaging in self-soothing activities can help regulate your emotions and promote a sense of well-being.

Maintain a healthy lifestyle: Taking care of your physical health can also support your emotional well-being. Make sure to eat nutritious meals, engage in regular exercise, and stay hydrated. Avoid excessive use of substances such as alcohol or drugs, as they can interfere with your healing process.

Emotional Processing:

Journaling: Writing down your thoughts and feelings in a journal can be a helpful way to process your emotions and reflect on your EMDR sessions. Try to write freely without judgment and allow yourself to express whatever comes up for you.

Talk to a trusted support person: Reach out to a trusted friend, family member, or your therapist to discuss your experience. Sharing your feelings and thoughts with someone who can listen and provide support can be immensely beneficial.

Practice self-compassion: Remember to be kind and gentle with yourself throughout the healing process. Healing takes time, and it's normal to have ups and downs along the way. Treat yourself with the same compassion and understanding you would extend to a dear friend.

Creating a Supportive Environment:

Set boundaries: As you continue your healing journey, it's essential to establish clear boundaries that protect your well-being. Communicate your needs and limits to the people in your life and prioritise self-care when necessary.

Surround yourself with positive influences: Spend time with people who uplift and support you. Engage in activities and environments that promote positive emotions and a sense of safety.

Seek professional support:

If you find that you need additional support or guidance, don't hesitate to reach out to me prior to our next arranged session. I am always here to provide continued support and assist you in navigating any challenges that arise.

Remember, the healing process is unique to each individual, and it's normal to experience different emotions and sensations as you continue with EMDR therapy. Trust in yourself and the process, and know that you have the strength to heal and grow. I am here to support you every step of the way.

Wishing you continued healing and well-being.

***Warm regards,
Ali***