

What kind of problems can EMDR treat?

Depression

Anxiety

Panic attacks

Complicated grief

Pain disorders

Eating disorders

Sexual or Physical abuse

Performance anxiety

Stress reduction

Disturbing memories

Phobias

I offer a free 15-minute telephone
consultation prior to your first appointment

Medicare rebates are available for
individual therapy when referred by
your GP with a Better Mental Health
Treatment Plan.



Please check with your private health
insurance for other available rebates.

Book online



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Trauma-Informed Counselling Services EMDR THERAPY

Welcome to

Better Relationships



Kintsugi, a Japanese art of repairing broken objects with gold, honours the breakages, scars and imperfections as unique, beautiful and valuable parts of our story.

What is EMDR?

EMDR has been used effectively for over 30 years and is a well-researched psychotherapeutic approach for treating PTSD, trauma and disturbing life events.

EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. EMDR therapy allows the brain to resume its natural healing process after distressing events.

How is EMDR different?

EMDR therapy does not require talking in detail about distressing memories or completing homework between sessions.

EMDR is a structured therapy where you briefly focus on a trauma memory while simultaneously experiencing 'bilateral stimulation', meaning both sides of the brain are engaged. This is typically eye movements, which are associated with a reduction in the vividness and emotion associated with trauma memories.

Attention is also given to current situations that cause distress and to developing the skills and attitudes needed for positive future actions.

What happens in EMDR?

One or more sessions are required to assess and understand the nature of your problem and to decide whether EMDR is an appropriate treatment.

The type of problem, life circumstances and the amount of previous trauma will determine how many treatment sessions are necessary.

Firstly, I encourage you to identify a specific problem as a focus for the treatment session. I will ask you to briefly recall the disturbing issue or event, and what you saw, felt, heard and thought.

I then help you recognise negative images, beliefs, emotions and body sensations related to this event. We then attach it to a positive belief that would indicate the issue was resolved for you.

Finally, we begin eye movements or other bilateral stimulation. This continues until the memory becomes less disturbing and is associated with a positive thought and belief about yourself.

The sets of eye movements are repeated until the event becomes less disturbing.

EMDR THERAPY

Eye Movement

Densensitisation Reprocessing

I offer a contemporary counselling practice with online and face-to-face services.

My approach is warm, compassionate and empathetic. I am passionate about supporting my client's healing from psychological trauma and will be respectful and caring.

Disturbing events can happen in our lives that stay with us. Our brain cannot process this information as it ordinarily does. One moment can become 'frozen in time'.

Remembering the trauma may feel as bad as going through it for the first time.

This is because the images, sounds, smells and feelings still seem to be there – they haven't changed.

The impacts of painful experiences, life transitions and trauma can affect our most important relationships, sometimes across generations.

Whether it is 'big T' or 'small t' trauma, or struggling with adjusting to life challenges, with the right support you can recover and enjoy the life and relationships you deserve.