

---

*About Debra Vajcner*



Debra Vajcner has been a licensed Marriage and Family Therapist since 1985 and has successfully helped over 1,000 people using **EMDR**.

She is the past President of the **Orange County Chapter of the California Association of Marriage and Family Therapists** and a co-founder of **Ideal Teams**, a company that consults with organizations to help their employees resolve conflicts, achieve their goals and be peak performers.

---

Please visit her website at:

[www.emdrhelp.com](http://www.emdrhelp.com)

You can e-mail her at:

[debra@emdrhelp.com](mailto:debra@emdrhelp.com)

**Debra is more than happy to answer your questions about EMDR and let you know if it's right for you!**

714.543.4222



**EMDR**

---

*Debra Vajcner, LMFT*

2030 E. Fourth St., Ste. 158  
Santa Ana, CA 92705  
23441 South Pointe Street, Ste.  
130  
Laguna Hills, CA 92653  
License # MFC 20747

***EMDR***

*Eye Movement Desensitization  
and  
Reprocessing*

## ***What Is EMDR?***



EMDR stands for Eye Movement Desensitization and Reprocessing.

When a person is traumatized, the brain does not process information as it does ordinarily. One moment becomes “frozen in time”. A person may feel the same as when s/he experienced the trauma the first time—remembering images, sounds, smells and feelings. Such memories have a negative effect that interferes with how s/he relates with people and sees the world.

Through eye movements, (similar to rapid eye movements when asleep), the brain reprocesses the trauma and replaces it with positive beliefs (such as, “I’m ok”, or “I’m safe now”), positive feelings, and relief from the disturbing memory. EMDR (after 20 controlled studies) has shown to be a rapid and efficient way for decreasing and/or eliminating traumatic stress; thus, enabling people to move ahead and achieve their goals.

## **What Happens During EMDR?**

The client identifies a specific traumatic event (or target area) s/he wants to work on. Through bilateral stimulation of the brain by directional movement of the eyes, the client focuses on that target area. S/he just notices whatever comes to mind. Sets of eye movements are continued until the target area becomes less disturbing or eliminated. Once processed and integrated, the client remembers the trauma, yet the perception is altered. Most traumas give way to a sense of relief and are resolved in an average of six sessions or less.

### ***What People Report After EMDR***

***A SENSE OF RELIEF***

***A RELEASE OF EMOTIONAL BAGGAGE***

***BETTER ABLE TO HANDLE STRESS***

***ABLE TO COMMUNICATE NEEDS AND WANTS MORE EFFECTIVELY***

***AN INCREASE IN SELF-CONFIDENCE***

***MORE CONNECTED TO SELF***

***A CALMER ATTITUDE***

***MOTIVATED TO ACHIEVE GOALS***

## **Who Is Best Suited for EMDR?**

*People who are suffering or have suffered from:*

Post Traumatic Stress

Depression or Anger

Unresolved Grief

Physical or Emotional Abuse

Overwhelming Fears

Addictions

Panic or Anxiety

Abandonment/Neglect Issues

Disturbing Memories

*Others use it to improve their performances, such as:*

Test Takers

Public Speakers

Athletes

Executives

Actors

People in the Public Eye

