

EMDR within Leeds CAMHS and Youth

Justice Service

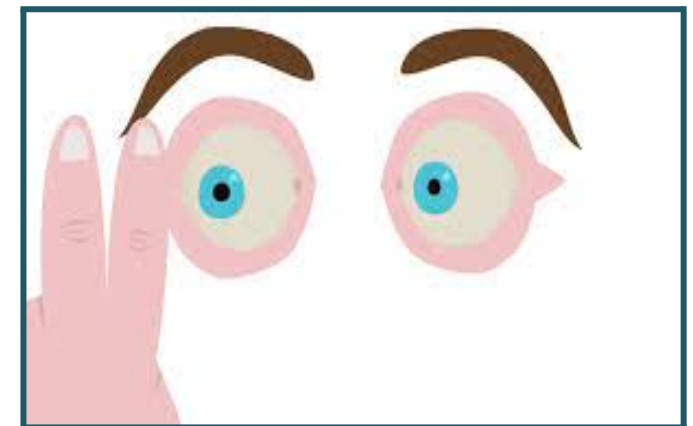
What is EMDR?

EMDR stands for **Eye Movement Desensitisation and Reprocessing**. It is a therapy for children, young people and adults who experience ongoing distress caused by events from the past.

We understand that “symptoms”, such as PTSD, anxiety, phobias etc, result from earlier events and how these have been stored in the brain.

On completion of EMDR, people describe having new understandings about themselves and others. The memories are less vivid and no longer trigger the great distress or emotional “stuckness” they once felt.

EMDR is especially appreciated by those who do not feel able to talk about the



“It’s weird but it works.”

(EMDR described by a

CAMHS client)

What we are doing

We aim to provide EMDR to those traumatised children and young people who present with a variety of mental health difficulties. This could be PTSD, anxiety, phobias and challenging behaviours (that we understand have been necessary and adaptive earlier in their lives). There is a strong and ever-growing evidence base for the effectiveness of EMDR.

At present there is one EMDR trained clinician in each of the services. This creates a long wait for those who need this limited and highly effective therapy: we would love to be able to increase how much EMDR we can offer.

An example of EMDR helping

An 18 year old male accessed support through our Youth Justice Service after receiving a Court Order. He requested support around his early experiences and

“Before EMDR my behaviour was like a rollercoaster, up and down. Now I understand it more. It’s because of bad things I have seen. I am a better person since having EMDR, feel better in myself, smile more and I’m kinder and more respectful to workers. I don’t need to put a front on anymore”

(Words of Youth Justice client)