

# kaiser permanente emdr therapy

**Kaiser Permanente EMDR Therapy** is a specialized therapeutic approach offered by Kaiser Permanente, a prominent integrated managed care consortium in the United States. Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy technique that has gained significant recognition for its efficacy in treating trauma and other emotional disturbances. This article delves into the intricacies of EMDR therapy, its implementation within the Kaiser Permanente system, its benefits, and what clients can expect during the treatment process.

## Understanding EMDR Therapy

EMDR therapy was developed in the late 1980s by Francine Shapiro, a psychologist who discovered that eye movements could help individuals process distressing memories. The therapy is based on the premise that traumatic experiences can become "stuck" in the brain, leading to psychological distress. EMDR helps clients reprocess these memories, allowing them to integrate these experiences into their broader life narrative.

## Core Principles of EMDR Therapy

The core principles of EMDR therapy include:

1. **Bilateral Stimulation:** This is a fundamental component of EMDR, where the therapist guides the client through specific eye movements or other forms of bilateral stimulation (e.g., tapping or auditory tones) while they focus on distressing memories.
2. **Adaptive Information Processing Model:** EMDR is grounded in the idea that the brain can heal from trauma when memories are processed correctly, restoring emotional balance and mental health.
3. **Eight Phases of Treatment:** EMDR follows a structured protocol consisting of eight phases, which include:
  - History-taking and treatment planning
  - Preparation
  - Assessment
  - Desensitization
  - Installation
  - Body Scan
  - Closure
  - Reevaluation

## Kaiser Permanente's Approach to EMDR Therapy

Kaiser Permanente offers EMDR therapy as part of its mental health services. The organization emphasizes a comprehensive, patient-centered approach that integrates various therapeutic modalities to meet the diverse needs of its members.

## Accessibility and Integration

One of the standout features of Kaiser Permanente's mental health services is the integration of physical and mental health care. This holistic model allows for coordinated treatment plans, where mental health professionals collaborate with primary care providers to ensure comprehensive care.

- Access to Trained Therapists: Kaiser Permanente employs licensed therapists trained in EMDR, ensuring that patients receive care from qualified professionals who adhere to best practices.
- Telehealth Options: In response to the growing demand for accessible mental health services, Kaiser Permanente offers telehealth options for EMDR therapy, allowing clients to engage in sessions from the comfort of their homes.

## Target Population for EMDR at Kaiser Permanente

Kaiser Permanente's EMDR therapy is suitable for a variety of individuals experiencing:

- Post-Traumatic Stress Disorder (PTSD)
- Anxiety disorders
- Depression
- Grief and loss
- Phobias
- Performance anxiety

The therapy is also beneficial for first responders and veterans who may have experienced traumatic incidents in their line of work.

## The EMDR Therapy Process at Kaiser Permanente

Engaging in EMDR therapy at Kaiser Permanente involves several steps, which aim to create a safe and supportive environment for clients.

### Initial Assessment

The process begins with an initial assessment, where clients discuss their concerns and therapeutic goals with their therapist. This phase typically includes:

- Medical and Psychological History: Understanding the client's background and any previous treatments.
- Identifying Trauma: Discussing specific traumatic events or experiences that may be impacting the client's mental health.
- Setting Goals: Collaboratively establishing therapeutic goals to guide the EMDR process.

## **Preparation Phase**

During the preparation phase, the therapist explains the EMDR process, addressing any concerns or questions the client may have. It is essential for clients to feel comfortable and informed before starting therapy. The therapist may also teach relaxation techniques to help clients manage anxiety that may arise during sessions.

## **Desensitization and Processing**

The bulk of EMDR therapy focuses on desensitization, where clients revisit the traumatic memories while engaging in bilateral stimulation. This phase allows clients to process their feelings and thoughts associated with the trauma, leading to reduced emotional distress.

## **Installation and Body Scan**

Following desensitization, the therapist guides the client to install positive beliefs that counteract the negative thoughts associated with the trauma. The body scan technique is also used to identify any residual tension or discomfort, ensuring that the client feels fully processed and integrated.

## **Closure and Reevaluation**

Each session concludes with a closure phase, where clients are brought back to a state of equilibrium. The therapist may encourage the client to keep a journal of their feelings and experiences. Reevaluation occurs in subsequent sessions to assess progress and determine if further processing is needed.

## **Benefits of EMDR Therapy**

Kaiser Permanente clients often report various benefits from engaging in EMDR therapy, including:

1. **Rapid Relief from Symptoms:** Many individuals experience a noticeable reduction in symptoms within just a few sessions.
2. **Improved Emotional Regulation:** Clients often find it easier to manage their emotions and respond to stress.
3. **Enhanced Coping Skills:** EMDR therapy equips clients with tools to handle future stressors and challenges effectively.
4. **Restoration of Self-Esteem:** Processing traumatic experiences can lead to improved self-worth and confidence.
5. **Integration of Trauma:** Clients can better understand and integrate their experiences, promoting healing and acceptance.

# Conclusion

Kaiser Permanente's EMDR therapy offers a valuable and effective approach for individuals seeking relief from trauma and emotional distress. With its structured process, accessibility, and integration with overall health care, EMDR therapy represents a significant advancement in mental health treatment. Clients can expect a compassionate and professional environment where they can begin their journey toward healing and recovery. By understanding the principles and processes of EMDR therapy, clients can make informed decisions about their mental health treatment, ultimately leading to a more fulfilling and balanced life.

## Frequently Asked Questions

### What is EMDR therapy offered by Kaiser Permanente?

EMDR (Eye Movement Desensitization and Reprocessing) therapy is a psychotherapy treatment designed to alleviate the distress associated with traumatic memories. Kaiser Permanente offers this therapy to help members process trauma and reduce symptoms of PTSD and other mental health issues.

### Who is eligible for EMDR therapy at Kaiser Permanente?

Eligibility for EMDR therapy at Kaiser Permanente typically includes members experiencing symptoms related to trauma, PTSD, anxiety, or other mental health conditions. A referral from a primary care physician or mental health specialist may be required.

### How can I access EMDR therapy through Kaiser Permanente?

To access EMDR therapy through Kaiser Permanente, members should first consult their primary care provider or mental health professional. They can then receive a referral for specialized EMDR therapy services.

### What are the benefits of EMDR therapy at Kaiser Permanente?

The benefits of EMDR therapy at Kaiser Permanente include reduced anxiety and distress, improved emotional regulation, and a greater sense of safety and control. Many patients experience significant relief from traumatic memories and related symptoms.

### How long does EMDR therapy typically take at Kaiser Permanente?

The duration of EMDR therapy at Kaiser Permanente can vary depending on individual needs, but sessions typically last 60 to 90 minutes, with treatment spanning several weeks to months, depending on the complexity of the trauma and the patient's progress.

## **Is EMDR therapy at Kaiser Permanente covered by insurance?**

Yes, EMDR therapy is typically covered under Kaiser Permanente's mental health benefits. However, members should verify their specific coverage details and any potential copayments or deductibles with their insurance plan.

## **What should I expect during my first EMDR therapy session at Kaiser Permanente?**

During your first EMDR therapy session at Kaiser Permanente, the therapist will conduct an initial assessment, discuss your history and treatment goals, and explain the EMDR process. You may also begin to engage in some preparatory techniques to help you feel comfortable.

## **Can children receive EMDR therapy at Kaiser Permanente?**

Yes, children can receive EMDR therapy at Kaiser Permanente, but the approach may be adapted to suit their developmental level. Specialized child therapists are trained to work with younger patients effectively.

## **Are there any side effects associated with EMDR therapy at Kaiser Permanente?**

While EMDR therapy is generally considered safe, some individuals may experience temporary emotional distress, vivid memories, or increased anxiety during or after sessions. Therapists at Kaiser Permanente are trained to help manage these reactions.

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