Hope Therapy & Counselling

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HOPE THERAPY & COUNSELLING SERVICES

EMDR Therapy

> *Processing the memories that won't let go.*

Trained EMDR practitioners offering support online across the UK and face-to-face in England. A structured, evidence-based approach to working with the past — NICE and WHO recommended for trauma and PTSD.

- NICE RECOMMENDED
- WHO RECOMMENDED
- ONLINE & IN-PERSON
- FREE 15-MIN CONSULTATION

Free, no-obligation consultation.

Call 07379 538411 · contact@hopefulminds.co.uk

NCPS Organisational Member

From £95 per session

ABOUT EMDR

Processing the memories that won't let go

> *"If something from the past still affects you in ways that feel out of proportion — anxiety that flares up unexpectedly, emotional reactions that don't match the situation — you may be carrying experiences the mind hasn't fully processed."*

EMDR — Eye Movement Desensitisation and Reprocessing — is a structured, evidence-based therapy that works with the way your brain naturally processes memories. It was developed in the late 1980s by psychologist Francine Shapiro, and has since been recognised by both the World Health Organization (WHO) and the National Institute for Health and Care Excellence (NICE) as an effective approach for trauma and PTSD.

EMDR is not only for people who identify as having experienced "trauma" in a dramatic sense. Many people find it helpful for distress that has built up gradually — difficult childhood experiences, relationship patterns that repeat, or a persistent sense that the past is still shaping how you feel today.

Unlike traditional talking therapy, **EMDR does not require you to describe your experiences in detail.** Instead, it uses a technique called bilateral stimulation — typically guided eye movements, but sometimes taps or sounds — to support your brain's own capacity to process and integrate difficult memories. The goal is not to erase what happened, but to help those memories lose the emotional charge that keeps them feeling present.

Professional registration: Our EMDR practitioners have completed specialist EMDR training and hold additional qualifications in psychotherapy. They are registered with the BACP, NCPS, and/or BABCP as appropriate. Hope Therapy & Counselling Services holds NCPS Organisational Membership covering our counselling and psychotherapy services. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

HOW IT WORKS

What happens during an EMDR session?

You may have noticed that certain things — a smell, a tone of voice, a situation — can bring feelings flooding back as though something difficult is happening right now. That is often a sign that the original experience hasn't been fully processed by the brain.

EMDR is based on the idea that the brain has a natural ability to process experiences and file them as part of your story. When something overwhelming happens, this process can get disrupted — the memory gets stored alongside the emotions, physical sensations, and beliefs that accompanied it. Later, those can be triggered with surprising intensity.

During an EMDR session, you focus on a specific memory while your therapist guides you through bilateral stimulation. This creates a state of dual attention — you are present and grounded in the room, while your brain accesses and reprocesses the memory. It has some similarities to what happens during REM sleep, when the brain consolidates experiences. Over time, many people find the memory still exists but no longer carries the same weight. The emotional charge reduces, and the experience begins to feel like something that happened in the past — rather than something that keeps intruding into the present.

FINDING THE RIGHT FIT

Is EMDR right for you?

EMDR MAY BE A GOOD FIT IF…

- You've been carrying something from the past and talking about it hasn't fully shifted how you feel
- You find it difficult to put experiences into words
- Your emotional responses seem driven by something deeper than the present moment
- You have experienced trauma, PTSD, or distressing memories
- Anxiety, phobias, or panic feel rooted in past experiences
- Grief or loss still feels overwhelming long after the event

IMPORTANT THINGS TO KNOW

- EMDR is not hypnosis — you remain fully conscious and in control throughout every session
- You can pause or stop the process at any point
- Preparation — including grounding and stabilisation techniques — comes before any memory work begins
- Your therapist will carry out an initial assessment to confirm EMDR is the right approach for you
- If it isn't, they will recommend an alternative — counselling, CBT, or another evidence-based approach

We will not recommend a service unless we genuinely think it fits. The free consultation is the right place to explore this.

AREAS OF SUPPORT

What can EMDR help with?

EMDR is best known for trauma and PTSD, but its applications have expanded significantly. You do not need to have experienced a single defining traumatic event — many people benefit when distress has accumulated over time or when patterns from the past keep repeating.

- **Trauma & PTSD**
  Single-event and complex trauma, flashbacks, nightmares, and the sense of being stuck in a past experience.
- **Anxiety & panic**
  Anxiety that feels disproportionate, panic attacks, or a persistent sense of being on edge that doesn't ease.
- **Phobias**
  Specific fears rooted in past experiences — from driving phobias to fear of medical procedures.
- **Grief & loss**
  Complicated grief, unresolved loss, or bereavement that continues to feel overwhelming long after the event.
- **Relationship difficulties**
  Recurring patterns, difficulty trusting, or emotional reactions rooted in earlier experiences.
- **Low self-worth**
  Deeply held negative beliefs about yourself — often rooted in childhood or past experiences — that affect how you move through life.

UNDERSTANDING THE DIFFERENCE

EMDR compared to other approaches

Area	EMDR	CBT	Counselling
Primary focus	Processing specific memories; reducing emotional charge of past experiences	Identifying and changing unhelpful thought patterns	Exploring thoughts, feelings, and experiences openly
Verbal detail needed	No — does not require describing experiences in detail	Yes — thoughts and situations discussed in depth	Yes — talking is central to the process
NICE recommended	Yes — PTSD specifically; also WHO endorsed	Yes — anxiety, depression, OCD, PTSD	Yes — depression, mild-moderate anxiety
Best suited when…	Specific memories or past experiences are driving current distress	Structured skills and techniques are wanted	Open exploration of feelings and experiences matters most
Typical sessions	60–90 minutes; variable number depending on complexity	50 minutes; 6–16 sessions typically	50 minutes; open-ended or time-limited
Fees from	£95 per session	£65 per session	£65 per session

EMDR and CBT can be used together — many of our practitioners hold training in both approaches and can draw on whichever is most useful at a given stage.

WHAT TO EXPECT

Taking the step to try something new

EMDR has a structured preparation phase before any memory processing begins. Your therapist will never move to memory work until you have the grounding skills and the therapeutic relationship in place to do so safely.

1 Free consultation

A brief, relaxed 15-minute conversation to explore what is going on and whether EMDR could be the right approach for you. No pressure, no commitment. Your therapist and fees are discussed during this call so you are clear before proceeding.

2 Assessment and preparation

Your therapist takes time to understand your history, your current situation, and what you want to work on. Grounding and stabilisation techniques are taught before any memory work begins — building the foundation from which the processing can happen safely. Confidentiality and its limited exceptions are discussed clearly in this phase.

3 Processing and integration

Memory processing takes place at your pace — you are always in control and can pause or stop at any point. Sessions are typically 60–90 minutes, which allows time for both the bilateral stimulation work and grounding at the end of each session. Progress is reviewed as you go.

You remain in control

EMDR is not hypnosis. You are fully conscious and aware throughout. You can pause or stop at any moment — the pace is always yours.

No detailed disclosure needed

EMDR does not require you to describe what happened in detail. The focus is on how the brain processes the memory — not a verbal account of it.

Confidential

Sessions are confidential. There are limited circumstances where this may need to change — for example, where there is a serious risk of harm — and your therapist explains these clearly at the outset.

Online or in-person

Online EMDR via secure video platform is available UK-wide using adapted bilateral stimulation techniques. Research supports its effectiveness for remote delivery.

Your welfare first

If EMDR is not the right fit, your therapist will recommend an alternative — and help you find it.

Honest about outcomes

EMDR can offer a space to process difficult experiences — the pace and progress belong to you. We do not promise specific outcomes.

Transparent fees

From £95 per session. Confirmed during your free consultation before you commit. Reduced rates may be available — ask during the consultation.

WHAT OUR CLIENTS SAY

Client experiences

> *It helped me a great deal and made me feel better after every session. I feel my therapist understood my problems and gave me lots of tools to manage fears and anxieties.*

EMDR CLIENT — ANXIETY

> *After a life-changing trauma, I needed help understanding who I am. My therapist was amazing and very perceptive. I learnt so much about myself and have been able to move forward with my life.*

EMDR CLIENT — TRAUMA

> *I had tried talking therapy before and it helped to a point, but some things still felt raw. EMDR reached the parts that talking hadn't. I found that really surprising — and genuinely useful.*

EMDR CLIENT — COMPLEX TRAUMA

> *I was sceptical about whether online EMDR could work. It did. My therapist was skilled at adapting the technique for the screen, and I felt just as supported as I imagine I would have in a room.*

EMDR CLIENT — ONLINE SESSIONS

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

How many EMDR sessions will I need?

It depends on what you are working through. Some people notice a shift after a few sessions; others benefit from a longer course, particularly when experiences are complex or long-standing. Your therapist will discuss this after your initial assessment, and you review progress together as you go.

Does EMDR mean I have to talk about what happened in detail?

No — and this is one of the things many people value most about EMDR. You remain aware of the memory during processing, but the focus is on how the brain processes it, not on a detailed verbal account. You are in control of how much you share.

Is EMDR available online?

Yes. Our EMDR practitioners offer sessions via secure video platform using adapted bilateral stimulation techniques. Research supports the effectiveness of online EMDR, and many clients choose this option for accessibility and convenience.

Is EMDR confidential?

Yes. Sessions are confidential in line with professional ethical standards. There are some limited exceptions — for example, where there is a serious risk of harm to you or others. Your therapist will explain these clearly before you begin working together.

Is EMDR right for me, or would CBT or counselling be better?

EMDR is particularly helpful when specific memories or past experiences are driving current distress. CBT tends to suit those who want practical tools and a structured approach. Counselling is better suited to open exploration. Your therapist will carry out an initial assessment to confirm EMDR is appropriate — and recommend an alternative if it is not. We will not recommend a service unless we genuinely think it fits.

TAKING THE FIRST STEP

What happens when you get in touch

Taking a step towards something new can feel daunting. Here is what the process actually looks like — nothing complicated, and no commitment until you are ready.

1 **Book your free 15-minute consultation**

A brief, relaxed conversation to explore what is going on and whether EMDR — or another approach — could be the right fit. No pressure, no commitment. Your fees and therapist match are discussed so you are clear before proceeding.

2 **Matched with an EMDR practitioner**

Based on your needs and preferences, we connect you with an EMDR-trained therapist from our team — someone whose skills, experience, and approach fit what you are looking for. With 90+ practitioners across England, we can usually find a good fit quickly. If the match doesn't feel right, we will find someone who does at no extra cost.

3 **Preparation, then processing**

Your therapist takes time to understand your history and build a safe foundation before any memory work begins. Grounding techniques are taught first. Sessions move at your pace — you are always in control, and can pause or stop at any point.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation — a chance to ask questions and explore whether EMDR can help, with no commitment to proceed.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service. We are not able to provide support for active self-harm or suicidal ideation. If you are in immediate danger, please use the contacts below.

999 — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **SHOUT: text 85258** — Crisis text, 24/7

The past doesn't have to keep feeling like the present.

Hope Therapy & Counselling Services offers EMDR, counselling, CBT, ACT, mindfulness, hypnotherapy, and more — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

TELEPHONE
07379 538411

EMAIL
contact@hopefulminds.co.uk

WEBSITE
www.hopefulminds.co.uk

FREE CONSULTATION
calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

The Talk Room Podcast — honest conversations about mental health, trauma, relationships, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services is an Organisational Member of the NCPS. Our NCPS Organisational Membership covers counselling and psychotherapy services. EMDR is delivered by practitioners with specialist EMDR training who are individually registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.