



## Role of Eye Movement Desensitization and Reprocessing in Treating Drug Addiction

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### DESCRIPTION

Eye movement desensitization and reprocessing therapy is mental health treatment method. While going through traumatic memories, you move your eyes in a specific way using this method. The purpose of EMDR is to assist you in recovering from traumatic or other distressing life events. EMDR is newer than other approaches to therapy. The primary clinical preliminary research on EMDR was in 1989. Since EMDR's development, dozens of clinical trials have demonstrated that this method is efficient and can assist a person more quickly than many other approaches. People with a wide range of mental health issues can benefit from EMDR. Young people, teens, and grown-ups of any age can profit from this treatment. Some medical care suppliers likewise work in EMDR for youngsters.

EMDR treatment doesn't need to discuss a troubling issue. Instead, EMDR focuses on changing the feelings, thoughts, or actions that come from trauma distressing experience. This permits your mind to continue a characteristic mending process. Although the terms "mind" and "brain" are frequently used interchangeably to refer to the same thing, they are distinct concepts. One of your body's organs is your brain. The collection of thoughts, memories, beliefs, and experiences that shape who you are is called your mind. The structure of your brain determines how your mind works. That design includes organizations conveying synapses across a wide range of regions. This is especially true for parts that involve your senses and memories. Those areas can collaborate more quickly and easily as a result of this networking. Consequently, your senses: The senses of sight, smell, taste, and sensation can evoke vivid memories.

EMDR depends on the versatile data handling model, a hypothesis about how your mind stores recollections. Your brain can quickly store memories during everyday activities. Additionally, it links them to other things you remember. That networking isn't done right at events that are upsetting or disturbing. Your brain frequently stores trauma memories in a way that prevents healthy healing. Trauma is analogous to a wound that has not healed in your brain. Your brain did not receive the signal that the danger had passed because it was unable to heal.

A negative experience can be repeatedly reinforced by new experiences that are linked to previous trauma experiences. That makes it hard to connect your senses and memories. Additionally, it harms your mind. Furthermore, very much like your body is delicate to torment from a physical issue, your psyche has a higher aversion to things you saw, heard, smelled, or felt during an injury related occasion. This occurs with suppressed memories as well as events you can recall. Your mind tries to suppress memories to avoid accessing them because they are painful or upsetting, just as you learn not to touch a hot stove because it burns your hand. But the suppression isn't perfect, so the "injury" can still cause bad feelings, actions, and symptoms. EMDR allows you to access traumatic memories in very specific ways. You can reprocess what you remember from the negative event by accessing those memories in conjunction with eye movements and guided instructions. This reprocessing aids in "repairing" the mental damage caused by that memory. You won't feel like you're going back in time when you remember what happened to you, and the emotions that come with it will be much easier to deal with.

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