

EMDR Explained

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. To date, EMDR therapy has helped millions of people of all ages relieve many types of psychological stress.

The core of EMDR treatment involves activating components of the traumatic memory or disturbing life event and pairing those components with alternating bilateral or dual attention stimulation. This process appears to facilitate the resumption of normal information processing and integration. This treatment approach can result in the alleviation of presenting symptoms, diminution of distress from the memory, improved view of the self, relief from bodily disturbance, and resolution of present and future anticipated triggers.

No one knows how any form of psychotherapy works neurobiologically or in the brain. However, we do know that when a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes "frozen in time," and remembering a trauma may feel as bad as going through it the first time because the images, sounds, smells, and feelings haven't changed. Such memories have a lasting negative effect that interferes with the way a person sees the world and the way they relate to other people.

EMDR seems to have a direct effect on the way that the brain processes information. Normal information processing is resumed, so following a successful EMDR session, a person no longer relives the images, sounds, and feelings when the event is brought to mind. You still remember what happened, but it is less upsetting. Many types of therapy have similar goals. However, EMDR appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep. Therefore, EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way.

Philemon Explained

"[Philemon] was simply a superior knowledge, and he taught me psychological objectivity and the actuality of the soul. He formulated and expressed everything which I had never thought."

The Philemon Link is named for a figure that appeared to Jung in a dream in 1913. In *Memories, Dreams, Reflections*, Jung recounted the dream in which this figure first appeared to him. Jung saw a sea-blue sky covered by brown clods of earth that appeared to be breaking apart. Out of the blue, he saw an old man with kingfisher wings and the horns of a bull flying across the sky, carrying a bunch of keys. After the dream, Jung painted the image, because he did not understand it. During this intense period, Jung was struck by the synchronicity of finding a dead kingfisher, a bird rarely seen around Zürich, in his garden by the lakeshore. Thereafter, Philemon played an important role in Jung's fantasies. To Jung, he represented superior insight and functioned like a guru to him.