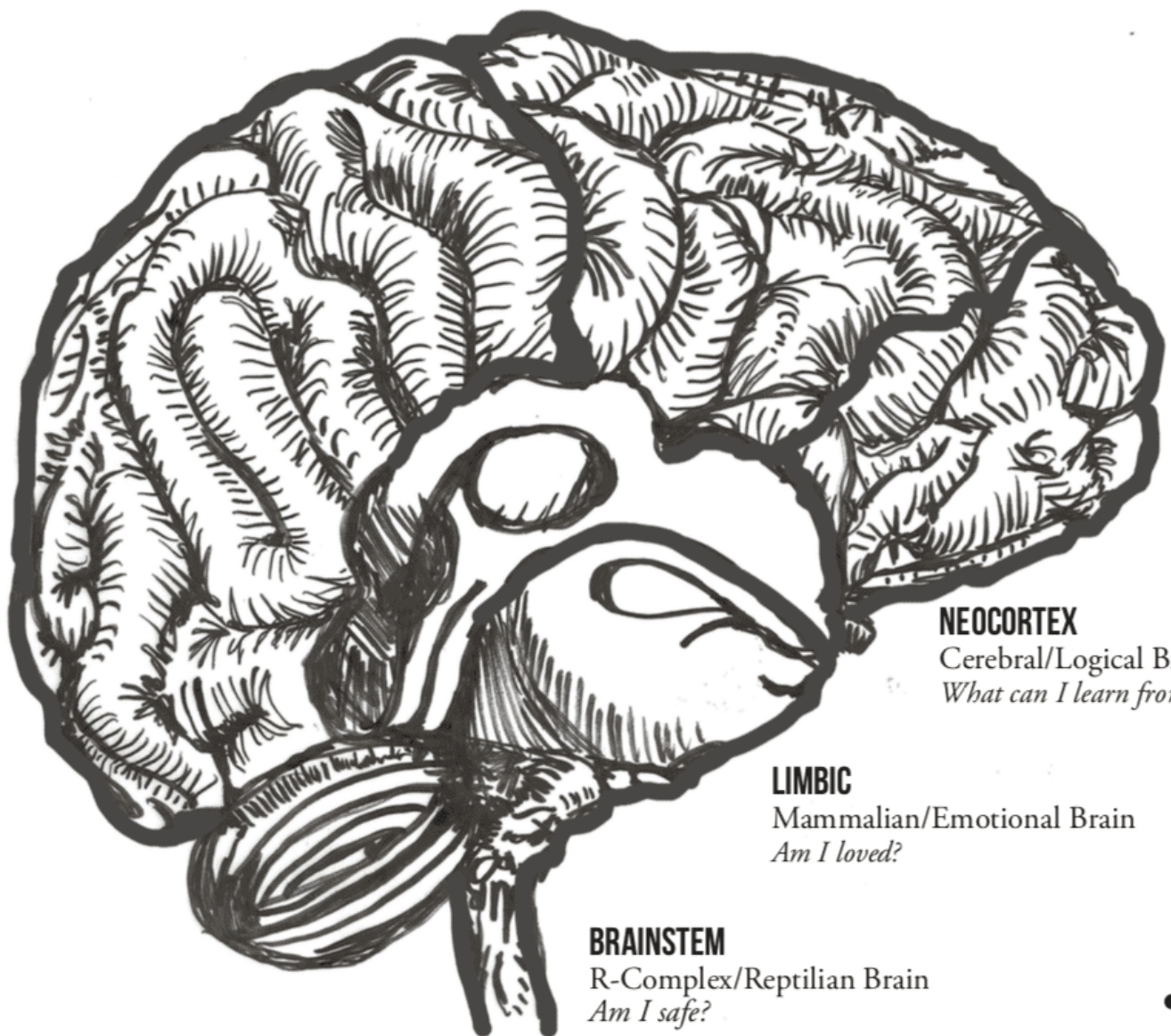


EMDR & CONNECTIONS TO TRIUNE BRAIN MODEL

The bilateral processes involved with EMDR Therapy, whether they are eye movements, audio tones, or tactile motions, all use movement or action and thus stimulate all three brains. Pagani, Hogberg, Fernandez, & Siracusano (2014) published a comprehensive summary on all the imaging and other biological monitoring studies conducted on EMDR to date. EMDR- related neurobiological changes were monitored by EEG during the therapy sessions themselves and **showed a shift of the maximal activation from emotional limbic to cortical cognitive brain regions--the first documented finding of its kind.** Neuroimaging investigations of the effects of psychotherapies treating posttraumatic stress disorder (PTSD), including eye movement desensitization and reprocessing (EMDR), have reported findings consistent with modifications in cerebral blood flow (CBF; single photon emission computed tomography [SPECT]), in neuronal volume and density (magnetic resonance imaging [MRI]), and more recently in brain electric signal (electroencephalography [EEG])



NEOCORTEX
Cerebral/Logical Brain
What can I learn from this?

LIMBIC
Mammalian/Emotional Brain
Am I loved?

BRAINSTEM
R-Complex/Reptilian Brain
Am I safe?