



Hypno-EMDR explained



Hypno-EMDR is a therapeutic approach that uses a combination of hypnotherapy and EMDR (Eye Movement Desensitisation and Reprocessing) by using **Self-Applied Bilateral Stimulation** to help re-process and reframe distressing memories. It is particularly effective when used to treat trauma, phobias, low self-worth and negative core beliefs.

For example, if you have experienced a traumatic event, your mind will gather details—sounds, smells, sensations—but it can struggle to file them properly. Some bits may be misfiled (e.g., the sound of a zip placed under “clothing sounds”), whilst others can remain unfiled, like a box left in the middle of your hallway. You can still move around it, but it gets in the way. Occasionally, a misfiled piece disrupts you when accessing related memories.

Hypno-EMDR helps process each piece, correctly filing unprocessed information and reorganising any misplaced details, allowing your mind to function more smoothly.

The brain is divided into two hemispheres, the **left brain** and **right brain**. The left brain controls emotions and creativity. The right brain dominates areas of logic, patterns and control.

With Hypno-EMDR you learn a selection of **Self-applied Bilateral Stimulation exercises** helps the brain process traumatic memories by activating both sides of the brain. This reduces emotional distress and allows the mind to organise memories in a healthier way.

The butterfly tap is one of them which many people have heard of. You cross your arms across your chest and alternate tapping one shoulder and then the other keeping your head still and focussing on something neutral.



How Bilateral Stimulation Works

Activates Both Sides of the Brain 🧠

Stimulates the left and right hemispheres alternately.

This mimics the natural processing that occurs during REM sleep, helping the brain integrate and store memories properly.

Reduces Emotional Intensity 🙄

Helps “unstick” traumatic memories from the fight-flight-freeze response.

Allows you to recall memories with less distress over time.

Encourages New Perspectives 🔄

Shifts negative beliefs (e.g., “I’m not safe”) to more adaptive ones (e.g., “I am in control now”).

Promotes emotional healing and cognitive flexibility.