

EMDR

Posted by jewinpain - 28 Mar 2010 20:25

Hey there, my holy brothers, after being on here for a while & doing other sorts of recovery b4 i joined, i came now to a point where i think that EMDR would be very helpful, so i did ask my therapist what's his approach to this here is what he said

"The general approach in the USA is 3 months of intensive trauma therapy before EMDR, in Eretz Yisroel they tend to do the opposite- EMDR first, then therapy for what is "left".

so my questions to you fellow members does anyone here find himself familiar with this kind of therapy, have u done it? did it help? whom did u go to?

I'm giving u a lot of time 8 days of Yom Tov to think about it, as i won't do anything b4 after pesach, so please share your thoughts with me

Thanks in advance

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Re: EMDR

Posted by trying123 - 28 Mar 2010 21:18

I have done EMDR....

I can't type much now... But I will fill you in Bl'n...

Harav JIP, Have a Heiliger Derhaibener Yom Tov....

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Re: EMDR

Posted by jewinpain - 28 Mar 2010 21:21

Tnx trying

Ttyl

Posted by trying123 - 28 Mar 2010 21:25

Have a Holly Molly Rolly Polly Yom Tov..... :o :o :o :o :o :o :o :o :o :o :o :o

Posted by jewinpain - 28 Mar 2010 21:27

U made my day! Finally someone is giving me the respect I deserve

Posted by trying123 - 28 Mar 2010 21:30

I just hope I didn't leave any out...

and in all seriousness:

YOU TRULY HAVE EARNED MY RESPECT....

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OK there goes my low self esteem again.... Oy Voy....

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Re: EMDR

Posted by Elya K - 29 Mar 2010 02:24

Having done EMDR, group therapy for trauma, emotional abuse and addiction for over 2 years, individual counseling for over 30 years, I would say

you need to understand what is going on with you before you jump into EMDR. You need to understand what trauma is (read Carnes Book on Trauma),

understand emotional abuse and addiction (read the book by Bradshaw (Healing the Shame Within). Practice visualization so when it comes time for the

EMDR you'll be able to access your past quicker and not have to have too many sessions.

It works very quickly. I accomplished more in 2 years of Experiential Group Therapy than 25 years of psychologist and psychiatrists who didn't have

a clue about Sex and Love Addiction.

There are some great treatment centers in this country that do this stuff and its worth every penny to go for a week and do some group trauma

work. Hope this helps. If you want specific informaton or referrals call the hotline. 901-685-3256.

Elya

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Re: EMDR

Posted by jewinpain - 29 Mar 2010 02:29

Thanks reb elya, I thought so too, and I think thay for any kind of therapy the person needs to know where he goes in order for it to have the right effect, as I was b4 I started therapy now for my abuse and after 5 sessions I can say I came a long way, still not done but accomplished a lot , as for the group therapy I saw it mentioned afew times here on the site and I'm not sure what it means or what it helps any better than private, now about the hotline is there a specific time I can call

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Re: EMDR

Posted by Elya K - 29 Mar 2010 02:37

You can call now or anytime tomorrow. I'll be in and out tomorrow.

After Yom Tow, during Chol Hamoed, any night.

Elya

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Re: EMDR

Posted by jewinpain - 29 Mar 2010 02:39

Thank u, I'll see when I get some private time here to do it, u r a real tzatdik, may hahshem help u to be zocha to feel the true kdusha of pesach and be mkabel ala gita hashpuas

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Re: EMDR

Posted by trying123 - 29 Mar 2010 04:53

Hey wait a sec. I was referred to CARON's Breakthrough Program... Elya, do you know anything about it?

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Re: EMDR

Posted by Holy Yid - 29 Mar 2010 07:24

morainnu virabainu harav hachsid should be standered for you

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Re: EMDR

Posted by Yosef Hatzadik - 07 Apr 2010 23:35

Raboisai! Stop this talk right now!

Reb JIP is not really interested in all these empty wordy titles. He knows that it is the toichen that counts, not the label. *Al tistakel b'kankan ela b'ma shyesh bo!!* Imagine a big bottle of kool-aid with a Woodford label & a 2 litre Coke bottle which was refilled with the real stuff. which one will you go for???????

Whoever thinks that R' JIP is one of those Rebishe einiklech who don't crack a book, but crave all the fancy salutations doesn't even begin to scratch the surface of our holy chaver!

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Re: EMDR

Posted by Yosef - 08 Apr 2010 11:47

I love the "fast therapies" too. Just like everything else in the world today e.g. cars, computers, microwaves, emails, skype and instant messages. The more quickly and efficiently humans can preform like machines the more they are worth in todays marketplace - as dehumanizing as this is - just ask corporate America. The same seems to hold true in the "therapeutic marketplace" - just ask the mananged (or is it mis-managed) care companies.. they like fast treatments because they have been " proven more effective" than longer drawn out therapies. The fact that insurance companies save billions of dollars if people buy into them is a secondary issue.

Hypnosis, psychodrama, psychosynthesis, gestault, est, electroshock, primal scream therapy,

EMDR - they are coming out with new varieties, colors, flavors and model numbers all the time. Its not that I despise any of these techniques, they all have their place at certain times and for certain situations. As long as one realizes that although you can definately benefited from short-term tikunim, no one has ever recovered from sex addiction from any of them and unless they are combined with some process of moral correction they are not likely to do anything at all for my neshoma hakadosha. In other words, although, for purposes of illustration, I may have had a major insight this morning during my EMDR session and dramatically recall and reconstruct a deeply repressed childhood sexual trauma (whether or not it is historically true which is another subject) the old idea that the Truth will set me free has surely been disproven. In Freudian terms: bringing the "truth" of the deep dark unconscious to the investigative light of conscious mind hasn't seemed to help many addicts or others for that matter. Again, even if what we dig up is true, we addicts can easily fall into whining alot about the past and avoiding the existential changes in attitude that we need to make TODAY in order to get ourselves out of the unmanageability. The sometimes unpopular reality is that there just are no easy substitutes for the daily systematic work of recovery. I didn't know what do with all the tramatic stuff that i unearthed in therapy and aside for talking about it - neither did my therapists. My therapists certainly didn't understand how my recollection of sexual traumas and memories of lust put me back "in it" again. Not such a good thing for this addict to be reliving lust in any form. Anyway, to get unstuck, for motivation to do the real work of recovery, to help with emergency situations and to the extent that I haven't distracted myself from the main work of fixing myself today these techniques were interesting and good. But when its all said and done, says my sponsor, it doesn't matter HOW the donkey fell into the ditch, the main thing NOW is to get him the heck out of there!

Yosef

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Re: EMDR

Posted by trying123 - 08 Apr 2010 23:08

Yes and No...

My goal is always to improve the present, not fix the past.

Quick fixes produce short term results.

Emdr does have a place, if it is in the context of a long term recovery effort. which it is for me.

The past is important for my present, since it is what got me here

If past trauma (in my case due to an abusive family) is keeping me stuck then acknowledging it and dealing with it, instead of ignoring/suppressing it, I believe, is helpful

EMDR is meant to help traumatic experiences become more adaptive...

Sorry for this chopped up post...

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