



EMDR Therapy



Rathie is an accredited Mental Health Clinician, experienced in providing clinical based psychotherapy to help children and adults build awareness, knowledge, and skills to support and improve their mental health.

Treatment for Trauma and PTSD

Rathie Ramanathan runs her own practice (Thrive Counselling and Psychotherapy Services) as a Grafton based therapist with specialist skills and experience in the successful use of EMDR for the treatment of trauma and PTSD for youth (over 15) and adults.

What can EMDR be used for?

In addition to its use for the treatment of Post-traumatic Stress Disorder (PTSD), EMDR has been successfully used to treat:

- anxiety and panic attacks
- depression
- stress
- phobias
- sleep problems
- complicated grief
- addictions
- pain relief, phantom limb pain
- self-esteem and performance anxiety

What is EMDR

The mind can often heal itself naturally, in the same way as the body does. Much of this natural coping mechanism occurs during sleep, particularly during rapid eye movement (REM) sleep. Francine Shapiro developed Eye Movement Desensitisation and Reprocessing (EMDR) in 1987, utilising this natural process in order to successfully treat Post-traumatic stress disorder (PTSD). Since then, EMDR has been used to effectively treat a wide range of mental health problems.

After a thorough assessment, you will be asked specific questions about a particular disturbing memory. Eye movements, similar to those during REM sleep, will be recreated simply by asking you to watch the therapist's finger moving backwards and forwards across your visual field. You will then be asked to report back on the experiences you have had during each of these sets of eye movements. Experiences during a session may include changes in thoughts, images and feelings. With repeated sets of eye movements, the memory tends to change in such a way that it loses its painful intensity and simply becomes a neutral memory of an event in the

past. Other associated memories may also heal at the same time. This linking of related memories can lead to a dramatic and rapid improvement in many aspects of your life.

Can anyone benefit from EMDR?

EMDR can accelerate therapy by resolving the impact of your past traumas and allowing you to live more fully in the present. It is not, however, appropriate for everyone. The process is rapid, and any disturbing experiences, if they occur at all, last for a comparatively short period of time. A skilled EMDR therapist will be able to assess whether each client is ready for EMDR and support them through the process. They will ensure clients are aware of, and willing to experience, the potentially strong feelings and disturbing thoughts, which sometimes occur during sessions.

Fees & Charges

After the initial 60-minute consultation, EMDR is best conducted over a 90 minute consultation period.

Standard EMDR consultation rates are :-

- \$120 for 60 minute session
- \$160 for 90 minute session
- Costs may need to be applied if travel is required.

To Make An Appointment

To make an appointment contact Rathi at Thrive Counselling and Psychotherapy Services via email rathi@thrivepsychotherapy.com.au or call 0493 464 088.

Although Grafton based, I can run EMDR sessions in other locations if a minimum of four clients are booked per day and a consulting room is provided.

Telehealth sessions are possible after the initial consultation.

Currently no wait lists for new clients.

See your GP to get a Mental Health Treatment plan or contact North Coast Connect to Wellbeing on 1300160339 to see if you are eligible for bulk billing or a Medicare rebate.

For further details please visit my website www.thrivepsychotherapy.com.au
(click on QR code for quick link)

