

EMDR RD

Eye Movement Desensitization and Reprocessing for Reversible Destiny

by Alan Prohm

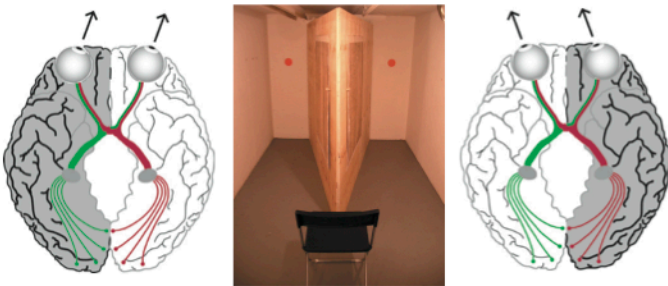
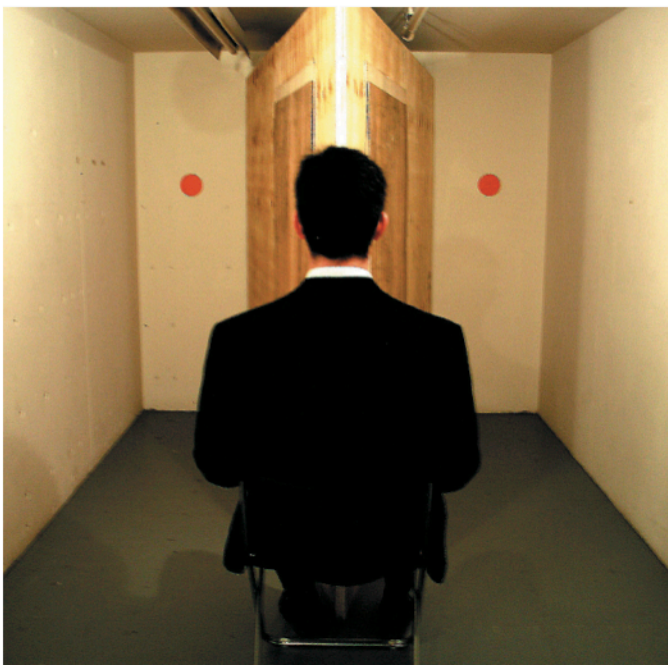
EMDR is a clinically proven therapeutic technique that harnesses the integrating function of lateral eye movements to help resolve troubling experiences and open the mind to new possibilities. This room applies EMDR to the challenge of comprehending two simple sentences by Arakawa and Gins:

"1 = One"

and

"If you study hard and always strive to know the full range of the body's possibilities, you will in all probability not have to die."

In this technique, developed by Francine Shapiro, PhD, and practiced by trained psychotherapists, the patient brings to mind a troubling memory, thought or sensation (the "target"), and "reprocesses" it using back and forth eye movements that spread activity more broadly over the two brain hemispheres. Commonly used for victims of PTSD (post-traumatic stress disorder), the technique offers the possibility of breaking the closed loop of a debilitating traumatic memory and writing an alternate ending to the trauma narrative. Eye movement therapies on the EMDR model are also used for the simpler benefits of cognitive balance and body-mind integration.



The EMRD RD Reading Room offers an architecturally enhanced setting for practicing EMDR on oneself. It is presumably only with the kind of hemispheric (left-brain/right-brain, body/mind) integration achieved in EMDR, and through the overcoming of the primary traumatic memory of human mortality, that what Arakawa and Gins are saying can be grasped and understood.

The Difference:

EMDR:

"We will all die sooner or later.... Therefore, in dealing with disease and the possibility, or certainty, of death, targeting the fear itself is one of the most constructive uses of EMDR."

Francine Shapiro, PhD, inventor of EMDR

EMRD:

"We will all die sooner or later ... This thought itself represents the prime traumatic memory, and the ideal target for reprocessing. In dealing with the possibility, or certainty, of death, targeting the certainty is one of the most constructive uses of EMRD."

An Organism that Persons, eyeing other possibilities

