

■ EMDR Results at Thrive Well Therapy

In the last 12 months

In the last 12 months, I tracked every trauma target reprocessed through EMDR to better understand what truly changes when healing begins. The numbers and the words my clients found at the end tell a clear story of strength, relief, and transformation.

115 trauma targets processed

40 individual clients

Average sessions per target: 2.4

Median sessions: 2

Average duration to resolution: $\approx$ 12 weeks

70% reached full resolution

Quickest target resolved: 1 session

Longest target resolved: 9 sessions over 5 months

■ Outcome Breakdown

70% (81 targets) reached full resolution with no remaining distress, and clients reported a positive or empowering belief when recalling the memory.

12% (14 targets) became no longer distressing without additional EMDR. These memories lost their emotional charge naturally after other targets were processed; a ripple effect known as *spontaneous generalization of healing*.

8% (9 targets) were discontinued before completion. Most clients chose to pause, shift focus, or end therapy after significant improvement in daily functioning.

Not every memory needs direct processing. Often, relief from one moment brings peace to another. In the last 12 months, about one in five targets either no longer felt distressing or were paused after progress, showing that EMDR often works faster and more holistically than expected.

Learn more at www.thrivewelltherapy.com

■ The Emotions Most Often Released

Clients most often began EMDR processing with sadness, fear, shame, anger, and anxiety, emotions that had stayed locked in the body for years. As EMDR progressed, these emotions softened, releasing tension and restoring a sense of peace and self-compassion.

After resolution, the most common emotions reported were **peace, relief, calm, gratitude, and lightness.**

■ Core Beliefs That Shifted

Most clients entered EMDR with beliefs like “I’m not good enough,” “I’m bad,” or “I’m not safe.” By the end of reprocessing, those same beliefs had transformed into “I am enough,” “I am good,” and “I am safe.” Common positive cognitions included “I am capable,” “I am worthy,” and “I am powerful.”

■ Words From the Work

“I am free, deserving, loved, safe.”

“I feel energy flowing through my body freely.”

“I can finally breathe.”

“I deserve peace and safety.”

“I feel lighter.”

“I can move forward now.”

“I can see it without pain.”

“I can trust myself.”

“I feel safe now.”

“It’s over.”

“I made it through.”

“I don’t need to hold it anymore.”

“It doesn’t control me.”

“I’m okay.”

“I am finally enough.”

Healing doesn’t erase what happened, it rewires how it lives inside you. EMDR helps strong people stop surviving their past and start inhabiting their peace.

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