



# Killroan Psychological Services

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*Clinical Director, Psychologist, Graham Killoran has been helping Australians since 1987*

## EMDR

(eye movement desensitization & reprogramming)

The following exercise will, with practice, help reduce peripheral tension caused by the blood flow to the peripheral parts of the body (such as the fingers and toes) being constricted making the heart pump harder when you are being subjected to stress. With practice this exercise can improve your ability to focus on tasks and reduce your overall basal anxiety. Old connections to past stress are disconnected and your mind becomes clearer. There are many other exercises applying EMDR this is but one that my people have found useful.

**Step 1** You will need about 15-20 mins of time without interruption. Phones and computers need to be switched off completely (not in vibrate mode). Make yourself completely comfortable in front of a rectangular object such as a door frame or a switched off TV screen or large picture frame. You must be able to see all 4 corners clearly.

**Step 2** Focus your attention totally on the top left hand (LH) corner of the rectangular object and take a diaphragm deep breath and as you breath out allow your eyes to run slowly along the top of the rectangular object to the top RH corner and focus on the corner then take another deep breath and as you breath out allow your eyes to run vertically slowly down the right side of the rectangular object to the bottom RH corner and take another deep breath and as you breath out allow your eyes to run slowly along the bottom of the rectangular object to the bottom LH corner and once again take a deep breath and allow your eyes to slowly rise up the left hand side of the object finishing up on the top LH corner. Take a deep breath and as you breathe out let your eyes close.

**Step 3** After 20 secs or so open your eyes and focus back onto the LH top corner of the object allow your eyes to move across the horizontal and down the vertical across the base and up the left side passing through each corner as you go and do this four times slowly. Finishing up again on the top LH corner take a deep breath and let your eyes close.

**Step 4** After 20 secs or so open your eyes and focus on the top LH corner. Allow your eyes to move around the rectangular object four times rapidly finishing up on the top LH corner take a deep breath and let your eyes close.

**Step 5** After 20 secs or so open your eyes and focus on the top LH corner. Allow your eyes to move around the rectangular object four times slowly in an anti clockwise direction finishing up on the top LH corner take a deep breath and let your eyes close.  
After a further 20 secs or so, repeat the above four times rapidly in an anti clockwise direction.

**Step 6** Keep your eyes close and focus on your breathing. After a minute or so, begin counting to yourself in your mind very slowly from 10-0. On reaching 0, allow your body to be at peace for 20 secs or so then count very slowly from 0 back to 10 then open your eyes and focus back on the top LH corner of the rectangular object for another 20 secs or so. You can then go on with your day or evening feeling calm and relaxed.



By Graham M Killoran

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**Brief Bio: Graham M Killoran** *Graham has been practicing psychology for 28 years and in addition to psychology, he has formal qualifications in clinical hypnosis. Previously he gained formal qualifications in engineering, ergonomics, human resource management and teaching. He is a consultant psychologist to a number of Adelaide Medical Practices and in Queensland @ Hervey Bay & Bundaberg and has extensive experience in matters related to work place injuries. He has been a visiting clinical lecturer in the Hypnosis segment of the MPsych course at the University Of SA. Before practicing psychology Graham had a senior executive role in a major Australian company.*

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