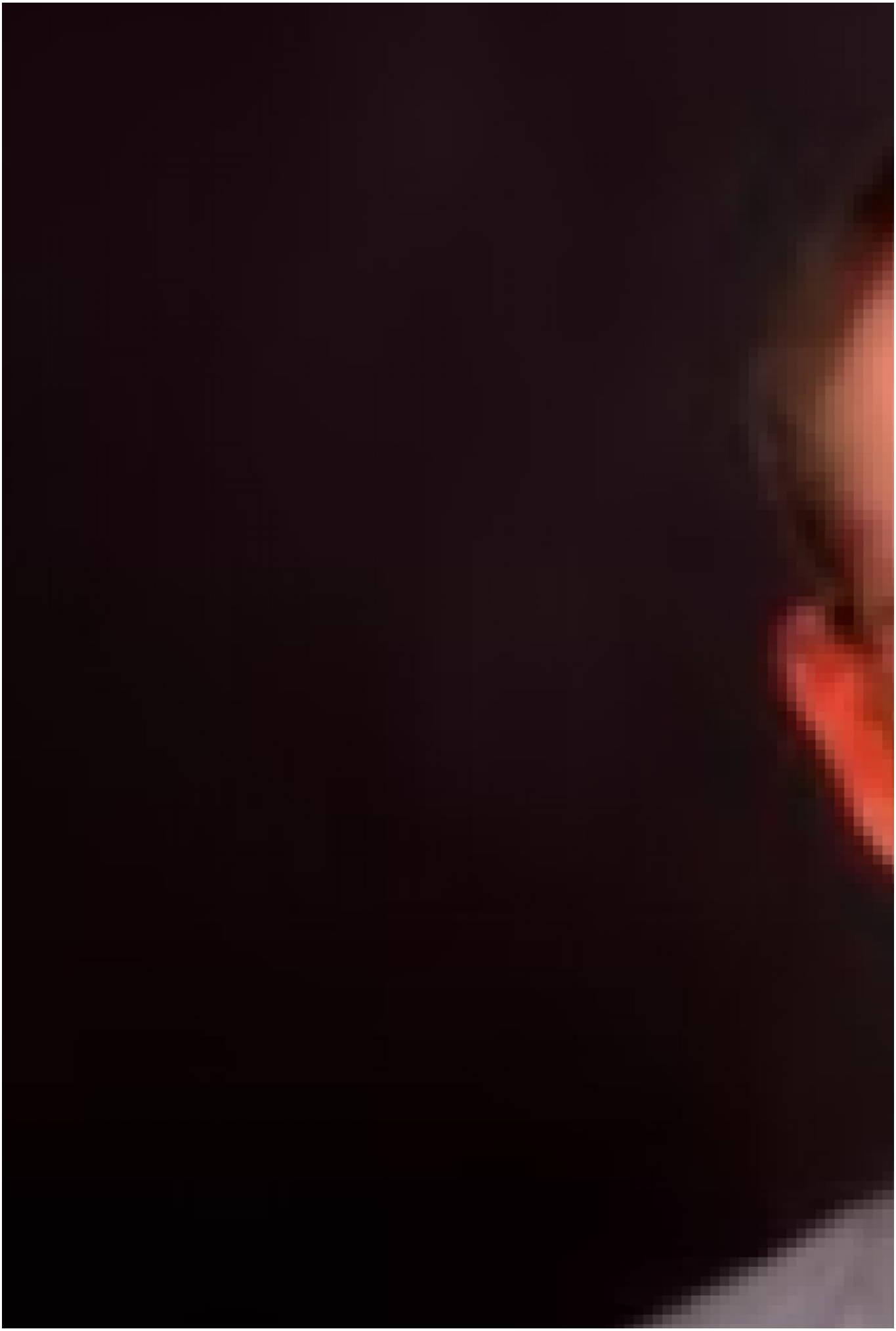
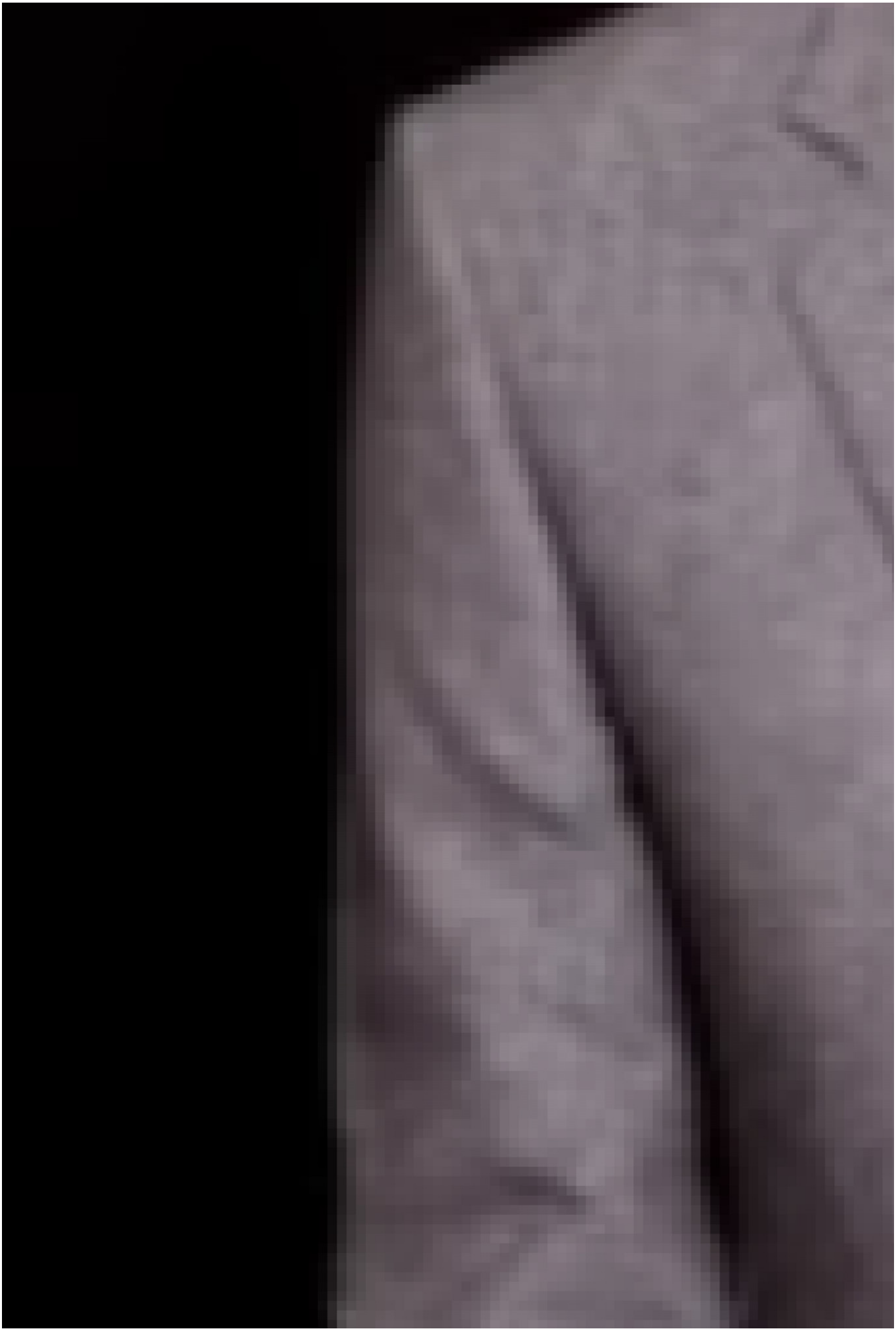
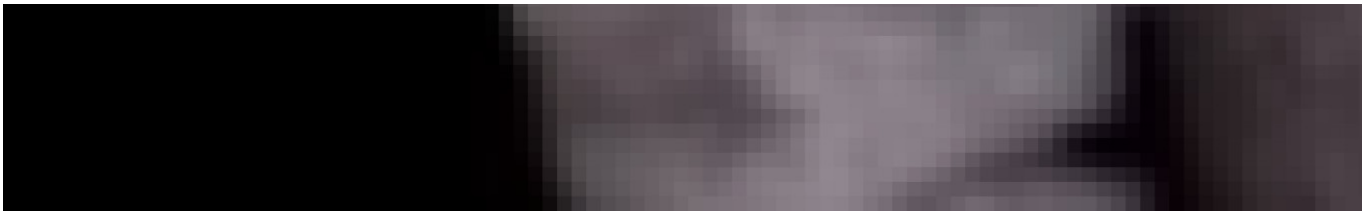






New Research Spotlights Mobile EMDR Apps as a Lifeline for People Facing Barriers to PTSD Treatment

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New study highlights the effectiveness of EMDR-based mobile apps in reducing PTSD symptoms, offering a self-guided mental health solution for those with limited access to traditional therapy.

Melbourne, June 19, 2025- As mental health services around the world grapple with rising demand and limited access, a new 2025 study points to a powerful digital solution for people living with posttraumatic stress disorder (PTSD)- especially those unable to access regular therapy.

Published in the *Journal of EMDR Practice and Research*, the peer-reviewed study evaluated the Healing Trauma App Series (HTAS)- four self-guided mobile apps rooted in Eye Movement Desensitization and Reprocessing (EMDR) principles. Developed by Australian psychologist Mark Grant, the apps were tested in a pilot randomized controlled trial involving 77 adults with PTSD and a range of comorbid conditions, including anxiety, chronic pain, and sleep issues.

The findings were compelling: participants who used the app series for three months showed a statistically significant reduction in PTSD symptoms, averaging around 40% improvement. In addition to trauma relief, users experienced better sleep, emotional balance, and pain reduction.

But what makes this study stand out isn't just the symptom relief- it's who benefited and how.

"We saw real progress in individuals who weren't receiving any other form of therapy at the time," said lead author and developer Mark Grant. "These tools show promise as a practical form of support for people who fall through the cracks- whether due to financial, geographic, or systemic barriers."

A Bridge Between Self-Help and Therapy

The HTAS apps combine audio guidance, bilateral stimulation (BLS), and trauma-focused imagery to simulate aspects of EMDR therapy, a well-established treatment traditionally available only through trained professionals.

The app suite includes:

- **Anxiety Release**- short guided BLS sessions for calming
- **Overcoming** trauma, memory, and emotion processing
- **Sleep Restore**- improving trauma-related sleep disruption
- **Calm and Confident**- building resilience and emotional grounding

Unlike general wellness apps, these were purpose-built for trauma and informed by clinical practice. While not a substitute for in-person therapy, the study suggests they may offer a stepping stone to care or a supplemental tool for those already in treatment.

Meeting an Unmet Need

Mental health professionals increasingly acknowledge the challenge of delivering consistent, affordable trauma care. Digital self-help tools, when backed by research, may help fill the gap.

The study authors recommend a follow-up trial with a larger sample and therapist involvement to validate long-term benefits and improve adherence.

With over 100,000 global downloads and high user ratings, the Healing Trauma App Series is already in the hands of people who might otherwise go without help. This study adds scientific credibility to what many users have reported anecdotally for years.

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Study Link

Citation: Grant, M., Lau, R. C. K., & DiNardo, J. (2025, April 25).*Feasibility and Potential Efficacy of a Mobile App Series Based on Eye Movement Desensitization and Reprocessing: A Pilot Randomized Control Trial with Posttraumatic Stress Disorder and Comorbid Problems. Journal of EMDR Practice and Research, 19*, Article 0003.

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