



The Hidden Link Between Sexual Trauma, the Menstrual Cycle & EMDR Treatment

A practical guide for EMDR therapists working with clients experiencing cyclical emotional dysregulation, PMDD symptoms, menstrual shame, and trauma-related somatic responses.

with

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WOMEN'S COUNSELLING PSYCHOLOGIST

Oraine is a women's counselling psychologist in full-time private practice for the past 17 years in Trinidad and Tobago. She specializes in female reproductive trauma (miscarriage, abortion, stillbirth) and works closely with adult female survivors of sexual violence. Through her training as a Certified Trauma Therapist and as an Eye Movement Desensitization and Reprocessing (EMDR) Certified Therapist, she offers support to women who need to clear traumatic memories frozen in their minds and bodies, find their true selves, connect with their intuition, and live with deeper awareness.

Ms. Ramoo received her Master of Education in Counseling Psychology and Human Services from Lehigh University, Pennsylvania, USA. Prior to moving to PA, she spent time in New York City completing her Bachelor of Arts (Hons) in Psychology at St. Francis College. She continues to augment and innovate her practice of counselling with the fusing of alternative medicine, imaginal and depth work.

Oraine has advanced training in working with structural dissociation, spiritual intelligence, mythology and logotherapy.

Many Clients Are Being Treated for Hormonal Problems Alone...

But their nervous system is telling a deeper story.

EMDR THERAPISTS FREQUENTLY WORK WITH CLIENTS WHO REPORT:

- Severe PMS or PMDD symptoms
- Emotional flooding before menstruation
- Intense shame surrounding their cycle
- Dissociation, panic, rage, or suicidal ideation during luteal phase shifts
- Somatic pain without clear medical explanation
- Sexual shutdown, disgust, or body disconnection

THE MENSTRUAL CYCLE CAN BECOME A TRAUMA TRIGGER.

For clients with histories of sexual trauma, developmental trauma, medical trauma, religious shame, or body-based humiliation, hormonal fluctuations may amplify unresolved nervous system activation. The result?

Symptoms that appear “hormonal” may actually involve:

- implicit traumatic memory networks
- shame conditioning
- nervous system dysregulation
- attachment wounds
- somatic fragmentation

And this is where EMDR can become transformational.



Why Traditional PMS/PMDD Treatment Often Falls Short

Many clients are told:

- “It’s just hormones.”
- “You’re overreacting.”
- “This is normal.”
- “Try birth control.”
- “Manage stress better.”

While medical support can absolutely be important, trauma is often left out of the conversation entirely.

For trauma survivors, the menstrual cycle may unconsciously activate:

- vulnerability
- bodily invasion memories
- loss of control
- shame conditioning
- sexual fear
- disgust responses
- powerlessness
- relational trauma

Without addressing these trauma networks, symptom management alone may not create lasting relief.

7 SIGNS PMS OR PMDD MAY BE TRAUMA-LINKED

- Symptoms Intensify Around Themes of Exposure or Vulnerability
- Emotional Reactions Feel Disproportionate
- Somatic Symptoms Mirror Trauma Responses
- The Client Experiences Cyclical Relationship Conflict
- Menstruation Triggers Shame or Self-Disgust
- PMDD Symptoms Include Trauma Intrusions
- The Client Feels Disconnected From Their Body Year-Round

EMDR may help clients:

- reprocess traumatic menstrual memories
- reduce body-based shame
- desensitize sexual trauma triggers
- reconnect safely with embodiment
- decrease nervous system hyperactivation
- improve affect regulation during hormonal shifts
- reduce anticipatory fear of their cycle

Because EMDR targets maladaptively stored experiences, therapists can move beyond symptom suppression into deeper healing.



**Want the Full Clinical Framework?
Join the Advanced Training:**

**The Effects of Sexual Trauma on the Menstrual
Cycle & Using EMDR to Alleviate Symptoms of
PMS, PMDD & Menstrual Shame**

In This Training You'll Learn:

- How trauma impacts hormonal and nervous system regulation
- The connection between sexual trauma, PMDD & menstrual shame
- EMDR case conceptualization for cyclical symptoms
- Learn common missed targets
- Target sequencing strategies
- Somatic and attachment considerations
- Ethical and culturally sensitive approaches
- Practical interventions you can apply immediately

**Join us, because you are growing,
evolving, and becoming — and
you're doing it brilliantly.**

