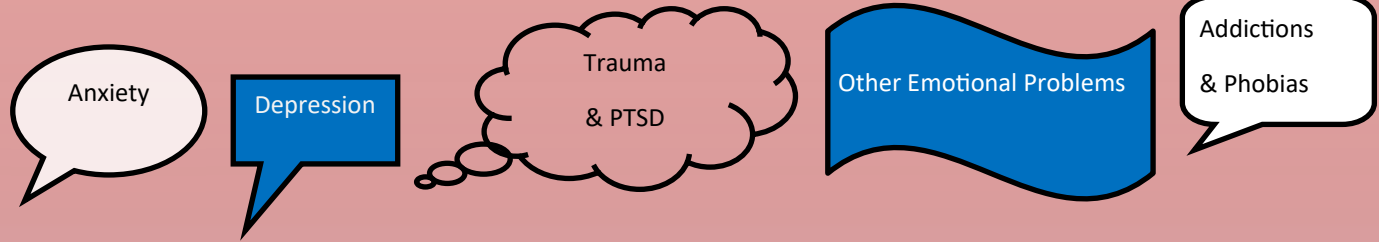


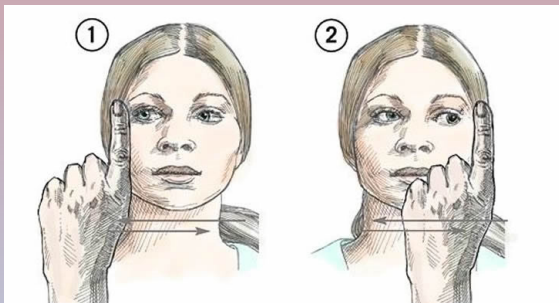
What Is EMDR therapy?

EMDR is Eye Movement Desensitization and Reprocessing and it is a therapy that has been proven to help reduce symptoms related to:



How Does EMDR Work?

As the process begins, the therapist will work on different breathing and grounding techniques to use in hopes to balance the feelings, memories, and emotions that come up.



Bilateral Stimulation

Something you can see, hear, or touch that occurs in a moving side-to-side pattern; for example, moving your eyes back and forth or alternatively tapping you hands on you knees or shoulders.

Research shows a success rate of PTSD though EMDR therapy as 80-90% in up to half the time of talk therapy (CBT).

EMDR can be done in person and virtually.

EMDR has a direct effect on the way the brain process information, releasing emotional experiences that are trapped in the nervous system. In essence taking the “sting” out the memories.



An **EMDR TRAINED THERAPIST** works with the individual to recall a disturbing thought, feeling or memory to target. This can be in detail or brief information dependent on how comfortable the individual is.



People report making more progress in less time with EMDR therapy then in traditional talk therapy methods.

To learn more about EMDR you can visit <https://www.emdria.org/about-emdr-therapy/>

