

EMDR

Eye Movement Desensitization and Reprocessing is a powerful therapeutic approach that has helped over two million people of all ages with many types of psychological distress. Scientific research has consistently found that EMDR effectively decreases or eliminates symptoms of PTSD.

EMDR has also successfully helped clients overcome sexual abuse, physical abuse, panic attacks, phobias, performance anxiety, eating disorders, addictions, nightmares and generalized anxiety.

How does it work? EMDR has a direct effect on the way the brain processes information. Following a successful EMDR session, a person no longer relives the images, sounds and feelings when the event is brought to the mind. You still remember what happened, but it is less upsetting. Therefore EMDR can be thought of as a physiological based therapy that helps a person see disturbing material in a new and less distressing way.

EMDR is recognized as an effective treatment by the American Psychiatric Association, the World Health Organization (WHO), and U.S. Department of Veterans Affairs and Department of Defense, and the U.S. Department of Health and Human Services (HHS).

Information obtained from EMDR International Association. For more information www.emdria.org