

EMDR is designed to help patients recover from the disturbing effects of trauma such as hyperarousal, nightmares, agitation/irritability/anger, depression, and low self esteem.

EMDR produces fast, long-lasting change in how we feel, think, and behave. When you find yourself exhausted after years of running away from your past trauma, stop running! Turn around and go on the offense with the help of Amy Bell, MA, MS, LMFT. EMDR is the treatment of choice for trauma related mental issues such as PTSD, Depression, Anxiety, and Abuse.

Although it seems like the “right” thing to do, attempts at forgetting the past often leads to the past running our present. If you are ready to heal your past, live in the present, and plan for a healthy future, you have come to the right place.

Amy Bell, MS, MA, LMFT, is committed to helping patients like you. For more information or to request an appointment, call today. Initial phone consultations are free.