

EMDR stands for *Eye Movement Desensitization and Reprocessing*.

You can get help with:

- **Sleeping problems**
- **Disturbing memories**
- **Panic attacks**
- **Anxiety & Phobias**
- **Performance anxiety**
- **Trauma**
- **PTSD**

EMDR is a technique that can **speed up your therapy** because it works in a deeper way with both the body and mind. It has a direct effect on how our brains process information by facilitating new neural network growth in the brain—literally **helping you** make connections where none existed before. EMDR can very quickly and efficiently help **you to detach from painful emotions and to heal** from trauma and abuse. EMDR was originally developed for Post-Traumatic Stress Disorder (PTSD), which can involve flashbacks and nightmares from traumatic events, but it can also help you if you experience any of the (bulleted) issues listed above.