



# Eye Movement Desensitization & Reprocessing



And other trauma based counseling services

## HOW IT HELPS

This therapy can help with healing both psychological pain and physical discomfort, while shifting negative core beliefs to those that are more adaptive.

## HOW IT WORKS

Sessions follow a specific sequence of phases, and practitioners use eye movements to help the client process unresolved memories from adverse experiences. A single session can generate significant and positive results.

## WHO IT HELPS

Those who suffer from post-traumatic stress disorder, anxiety, fear, loss, stress, phobias, adverse life experiences and negative beliefs.

## PROVEN EFFECTIVE

Several major health organizations including the American Psychiatric Association, the Department of Defense, and the World Health Organization have credited EMDR as an effective form of treatment.

"In utilizing Eye Movement Desensitization & Reprocessing with my clients, they are able to experience & view situations differently than they once had. It really is remarkable."

Tracy Tucker



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