

## EMDR THERAPY

Sometimes our current reactions are fueled by negative beliefs stemming from events that occurred in the past. **EMDR** (Eye Movement Desensitization and Reprocessing) is an integrative therapy that is effective in helping people get "un-stuck." EMDR therapy is proven to be the most rapid and effective psychological treatment for PTSD (Post Traumatic Stress Disorder) and is fast becoming the treatment of choice for anxiety, depression and many other symptoms.

When a traumatic event occurs or something happens that is perceived by an individual as traumatic, the memories often become stored in the brain and nervous system in a maladaptive way - they are frozen rather than processed. Most people have experienced events big and small, that may be compromising their quality of life today and causing unnecessary suffering.

EMDR therapy is useful for both small and large life traumas. Major traumas include war, rape, natural disasters, car accidents, and child abuse. Smaller traumas or events that happen and lead people to develop negative beliefs about themselves include: bullying, relationship problems, humiliation and unemployment.

EMDR therapy targets the unprocessed memory and the beliefs and sensations associated with it. Bi-lateral stimulation (generally eye movements, tapping or tones) activates the brain's information processing system and the old memories can be digested or reprocessed and stored in an adaptive way. A person can then look back on an event without being triggered.

EMDR is safe, effective, non-invasive and powerful. It does not involve medications or hypnosis.

EMDR therapy is especially useful in working with the following:

- Stress reduction
- Anxiety
- Depression
- Panic attacks
- Grief
- Fears and Phobias
- Abuse
- Sleep issues
- PTSD
- Addiction
- Self esteem issues
- Performance and test anxiety

Please feel free to contact me with any questions you have about EMDR.