

**EMDR (Eye Movement Desensitization & Reprocessing)**

We are specifically trained to provide EMDR as a tool for rapid improvement of past traumatic and abusive events. EMDR stands for Eye Movement Desensitization and Reprocessing. EMDR is an information processing therapy that helps clients resolve and better cope with past trauma, addictions, phobias and losses. During treatment the patient focuses on a specific image and associated negative thought and physical sensation while simultaneously listening to bilateral sounds or watching the therapist's finger move bilaterally in front of their eyes. After the negative images and emotions are reprocessed the client is asked to focus on their desired thoughts of the event, while again simultaneously focusing on the bilateral movement. As a trained EMDR therapist we oversee the process of our clients brains change negative and disturbing memories and almost naturally reprocessed with more acceptable or positive ones.