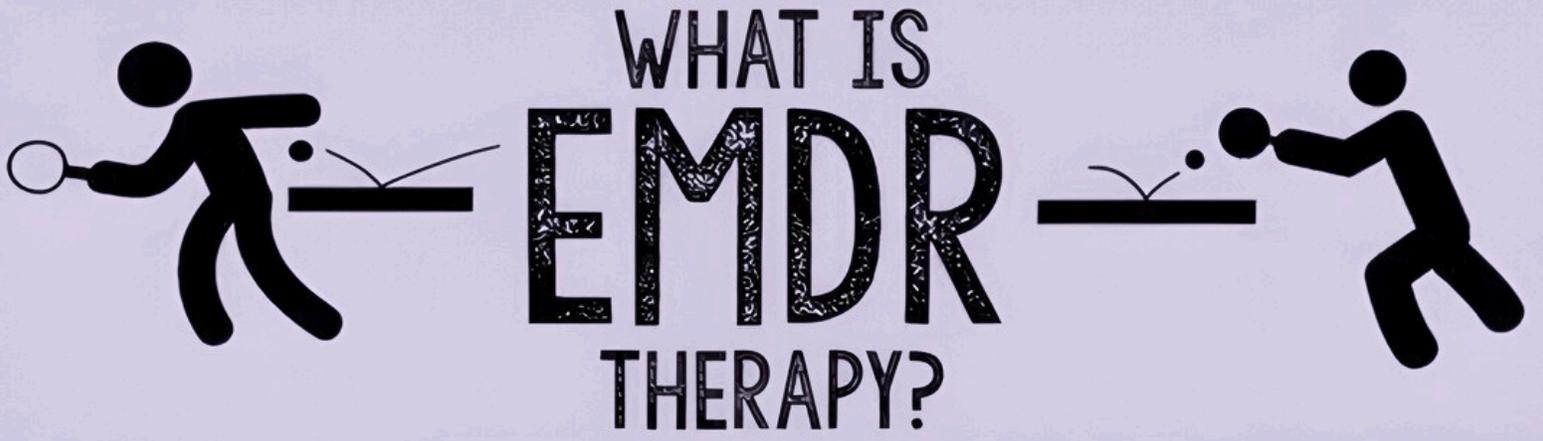


# WHAT IS EMDR THERAPY?



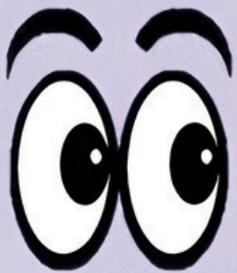
EMDR stands for **EYE MOVEMENT DESENSITIZATION AND REPROCESSING**  
It is a therapy proven to help reduce symptoms related to:



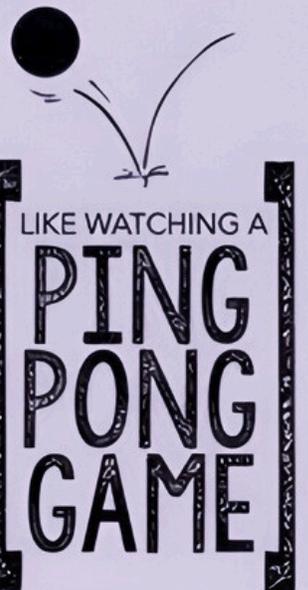
## HOW DOES

## EMDR WORK?

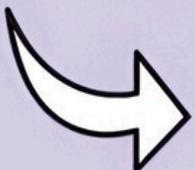
EMDR has a direct effect on the way the brain processes information, releasing emotional experiences that are trapped in the nervous system.



A **TRAINED THERAPIST** works with the individual to recall a disturbing thought, feeling or memory. Then comes:



**BILATERAL STIMULATION, AKA** Something (you can see, hear or touch) that occurs in a moving side-to-side pattern; for example, moving your eyes back and forth.



The disturbing **MEMORIES ARE REPROCESSED** by the brain, resulting in painful feelings being exchanged for more **RESOLVED**, peaceful feelings.