

*Learning to love...you!*

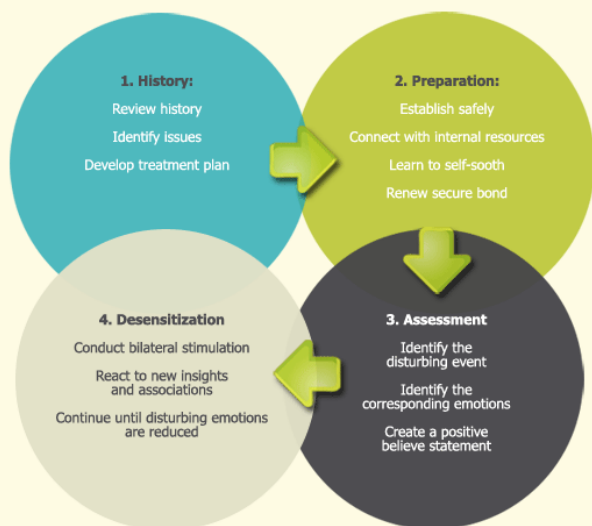
## EMDR Therapy For Trauma and Beyond

Tanvi Gupta MA LPC

EMDR or eye movement desensitization and reprocessing therapy is a relatively new, non-traditional treatment approach, popular for treating PTSD. In addition to using talk therapy, it relies on bilateral stimulation (eye movements or tactile or auditory stimulation). This involves stimulating both the left and right sides of the brain, to dampen the power of emotionally charged memories of past traumatic events, and encourage adaptive thinking patterns.

In other words, EMDR therapy takes advantage of the brain's natural ability to heal itself, while helping the brain to store memories in a more effective manner so that there is no distress associated with memories. While this therapy was primarily developed for trauma, it is now seen to be useful and effective with many mental health challenges, such as anxiety, depression, and self esteem.

### EMDR Process:



The process continues with the client experiencing the positive belief as true, identifying any remaining emotion, closing the session and re-evaluating at the next session.

This treatment has been shown to correct negative beliefs and thoughts, while having a direct impact on an individual's ability to feel confident about themselves, improve mood, performance and self esteem. In the EMDR process for example, the individual may be asked to imagine something that makes them anxious, while the therapist helps with installing a positive belief and uses bilateral stimulation to increase the impact of this positive belief.

While this is a very basic example of EMDR, every person and case is different and their treatment process would look unique based on their own treatment

needs. The number of sessions also vary based on the severity of the problems. If you feel that EMDR treatment may be beneficial for you, ask us about our EMDR treatment services here at Rock Creek Wellness Center!

Rock Creek Wellness  
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Mercer, PA 16137



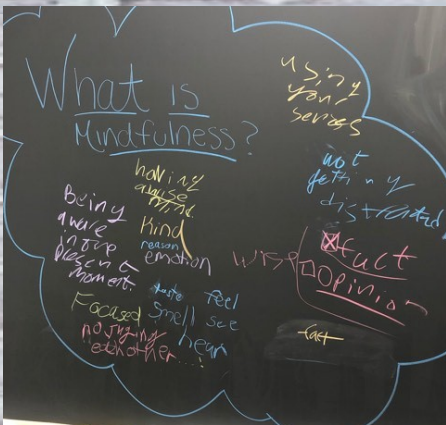


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## *The Most Stressful Time of the Year*

*Katelyn Struthers NASM-CPT*

The presents to buy, the food to prepare, the family functions to get to... it's the most wonderful time of the year, but it's also the most stressful for many. Stress comes in many shapes and forms, it can manifest physically through head aches, upset stomachs, and restlessness. You can also experience emotional distress, irritability, and mood swings. So what is a good way to bust through the stress in the busyness of the season? Try getting physical. Exercising is a great way, it creates chemicals that your brain processes as feel good feelings. Find a form of exercise that's enjoyable for you: walking, riding a bicycle, playing an interactive video game. Anything with repetitive motion helps you relax, stress is strongly associated with harmful health effects such as hypertension and heart disease. Get active during the time of the day that is most beneficial for you. For instance early morning workouts tend to prepare you for the day, mid day workouts provide a break and may help you feel less angry or irritable the remainder of the day. Evening workouts can provide you a way of decreasing tension, working out your frustrations if you will, and refresh before sleep. And remember to practice breathing! Breathing is a great way to reset the body and the mind. Practice inhaling for 4 seconds, holding it for 7 seconds, and exhaling slowly for 8 seconds. Remember the glory of this season those moments you feel tangled in the tinsel. Relish newly fallen snow, the beauty of the decorations, the gathering of family and friends, and the magic of Christmas!



***Fourth and Fifth Graders at Lakeview participating in skills groups conducted by Krista are learning mindfulness, check out their thoughts on just what mindfulness is!***

### Wishing you a 'Connected' Christmas!

C - compassionate	C - comfort
O - open-hearted	H - happy
N - natural	R - relaxed
N - nurturing	I - illuminating
E - empowering	S - smile
C - children	T - thankful
T - teenagers	M - magical
E - energy	A - acceptance
D - discovery	S - self-compassion

Thank you for all your support in 2017...  
 ...together we have taught thousands of children worldwide how to be mindful xx

[www.teachchildrenmeditation.com](http://www.teachchildrenmeditation.com)