



We go beyond unilateral models and treat the whole person in the context of an interconnected social system.

– Dr. Francine Shapiro, developer of EMDR

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is a structured form of integrative therapy that uses bilateral stimulation, such as eye movements or tapping, to facilitate the reprocessing of “stuck” or “undigested” information that is causing present day distress.

Extensive research has demonstrated EMDR as an effective and efficient method proven to resolve trauma-related symptoms. There is ongoing evidential support for the use of EMDR for PTSD & C-PTSD, anxiety, depression, chronic pain, addictions, and other distressing life experiences. For many individuals, EMDR therapy can be completed in fewer sessions than other psychotherapies.

THE EXPERIENCE

EMDR does not require talking in significant detail about the distressing issue(s). Instead, during a reprocessing session, attention will be given to a negative image, belief, emotion, and body sensation related to an identified life event. A positive belief to be internalized will also be identified.

While engaging with at least one form of bilateral stimulation (i.e. following a light bar with your eyes), your job is simply to notice what happens to your thoughts, feelings, and bodily sensations. As you are guided through, the brain is allowed to resume its natural healing process.