

# WHAT IS EMDR THERAPY?

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, and panic disorders.

The following organizations recognize EMDR therapy as an effective treatment:

- American Psychiatric Association
- American Psychological Association
- International Society for Traumatic Stress Studies
- National Alliance on Mental Illness
- Substance Abuse and Mental Health Services Administration
- U.K. National Institute for Health and Care Excellence
- U.S. Department of Veterans Affairs/Department of Defense
- The Cochran Database of Systematic Reviews
- The World Health Organization

## Therapists use EMDR for:

- Anxiety, panic attacks, and phobias
- Chronic illness and medical issues
- Depression and bipolar disorders
- Eating disorders
- Grief and loss
- Pain
- Psychosis
- PTSD/CPTSD
- Sexual assault
- Sleep disturbance
- Substance abuse and addiction
- Violence and abuse



“Something changed the first time I experienced EMDR and if I could put one word on it... it would be **HOPE**”



## HOW IS EMDR DIFFERENT FROM OTHER THERAPIES?

EMDR therapy does not require talking in detail about the distressing issue or homework between sessions. EMDR supports the brain to resume its natural healing process. EMDR therapy is designed to process traumatic memories in the brain, so the person is informed by these memories but not controlled by them. Part of the therapy includes alternating eye movements, sounds, or taps. For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies. EMDR therapy can be done in-person or via virtual platforms and must be done with a properly trained and licensed mental health clinician.



# EMDR THERAPY

For Adults

[GlendaleCounselingServices.Com](http://GlendaleCounselingServices.Com)



## ABOUT US

In treatment, we carefully assess what is driving your fear, anxiety, depression or addiction and create a focused strategy to neutralize the force it has in your thoughts, feelings and behavior.

## OUR SERVICES

- EMDR Therapy
- Anxiety Therapy
- Depression Therapy
- Couples Therapy
- Neurofeedback
- Trauma
- Addiction
- Adult Autism
- Psychiatric Evaluations

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