

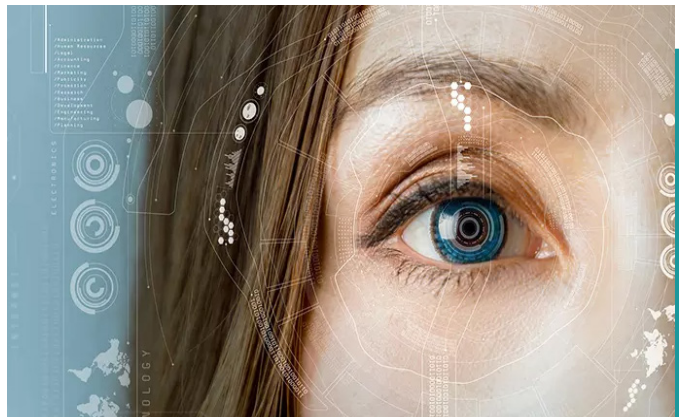
Eye Movement Desensitization & Reprocessing (EMDR)

EMDR is a revolutionary form of psychotherapy which allows the patient to process traumatic experiences and convert them into memories.

How does EMDR work?

The simple act of volitionally moving our eyes in the horizontal plane activates brain circuits involved in memory formation and encourages limbic areas associated with trauma and fear (the amygdala) to “let go” of that trauma, freeing the patient from re-living those experiences. Once we are free of the experience we can reflect on the memory in a more objective, learning-oriented way rather than responding to cues and triggers with a limbic reflex.

EMDR is based on the theory that traumatic events aren't properly processed in the brain when they happen. This is why they continue to affect us — with nightmares, flashbacks, and feelings of the trauma happening again — long after the actual trauma is over.



Once your brain properly processes the memory, you should be able to remember the traumatic events without experiencing the intense, emotional reactions that characterize post-traumatic stress.



Clinically Proven Benefits

- Reprocesses trauma into a memory
- Reduces strength of triggers and cues
- Reduces fear
- Reduces chronic pain
- Improves sleep
- Balances nervous system



Symptoms Addressed

- PTSD
- Trauma response
- Fear
- Chronic pain
- Chronic fight-or-flight (sympathetic) activation
- Insomnia
- Nightmares & flashbacks