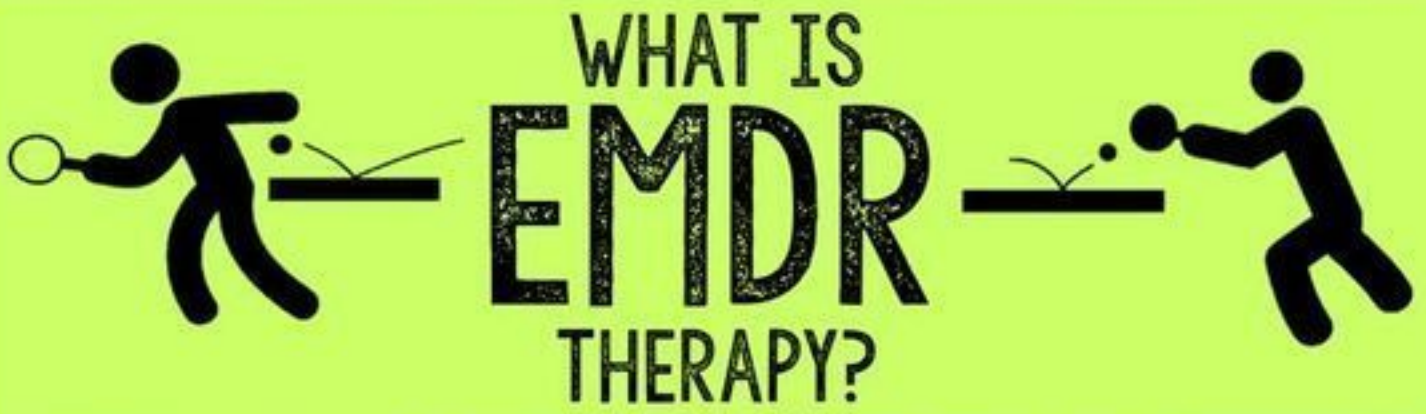


WHAT IS EMDR THERAPY?



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.



People report making **MORE PROGRESS** in much **LESS TIME** with EMDR therapy than in traditional talk therapy.

Research shows a **SUCCESS RATE** for EMDR in the treatment of PTSD of 80-90%, in up to **HALF** the time of talk therapy (CBT).

WHERE CAN I LEARN MORE?

www.AnnArborCounselingServices.com
734-956-0051
or visit www.emdria.org