



What is EMDR?

Eye Movement Desensitization and Reprocessing

EMDR therapy is an extensively researched psychotherapy that has been proven effective for the treatment of trauma and PTSD (Post-Traumatic Stress Disorder).



EMDR can also benefit people experiencing depression, anxiety and panic disorders, those who have experienced loss, and individuals struggling with alcohol or drug dependence.



EMDR therapy is based on the premise that most psychological pain is due to the incomplete processing of disturbing life experiences.



EMDR utilizes bilateral stimulation, i.e., alternating eye movements, tactile stimulation or sound, which activates the opposite sides of the brain effectively releasing emotional experiences that are “trapped” in the nervous system. This unique treatment allows one to process difficult emotional experiences without talking about the trauma in detail.



Clients who undergo EMDR Therapy experience an alleviation of symptoms, a decrease or elimination of distress from the disturbing memories, an improved view of the self, relief from bodily disturbance, and resolution of present and future anticipated triggers.



619-600-0683

We are currently accepting new patients.

www.familyguidanceandtherapycenter.com