

What is EMDR Therapy

1

Eye Movement Desensitization Reprocessing

Is an evidence based therapy using bilateral stimulation to reprocess events/memories with strong emotional strength, and survival value, that trigger our threat responses in the brains survival area, causing physical and emotional pain.

2

EMDR Treats

- ACES/Trauma
- Fears & Anxiety
- Addictions
- Grieving /Loss
- Feelings of Dissatisfaction
- Depression
- Anger/Rage
- Low- Self Esteem
- Body Image issues

Trauma -

is what ever the brain can't process in the moment

75%

EMDR works

In clinical studies 75% of people no longer demonstrated their symptoms, in as few as 3 sessions

3

4

EMDR is Recommended by:

- World Health Organization and is used in refugee camps
- American Psychiatric Association
- U.S. Dept. of Veterans Affairs



5

Emdr is Quicker

Research shows more improvement in less time, when compared to conventional CBT or Talk Therapy



Want more info?

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