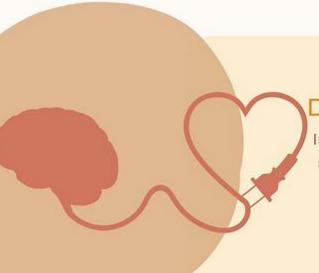
What is EMDR Therapy



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.

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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

4

EMDR is Recommended by:

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



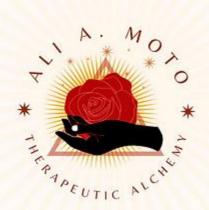


Emdr is Quicker

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

Want more info?

Contact Ali Astrid Moto www.therapeuticalchemy.life



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