

Eye Movement Desensitization and Reprocessing (EMDR)



Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy approach, which assists in relieving the distress of traumatic events as well as assist in helping someone fulfill their potential. EMDR uses specific, focused strategies, which stimulate access to dysfunctional stored information, forging new associations within and between memory networks. EMDR is founded on the premise that each person has both an innate tendency and capacity to move toward positive mental health. This is an approach that is used within the context of the current treatment plan.