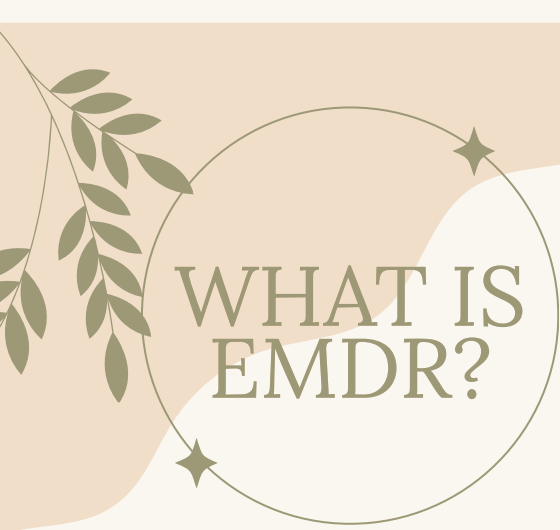




WHAT IS EMDR?

EMDR is a memory-based psychotherapy approach developed to help people process traumatic or distressing experiences that may continue to affect how they feel, think, behave, or relate to others.

Sometimes, experiences can feel as though they are “stuck” in the nervous system. When something reminds us of the experience, the brain and body may react as though the danger is happening again.

EMDR helps you safely access aspects of a distressing memory while using bilateral stimulation (BLS) to support the brain's natural information-processing system.

Over time, the memory may become less emotionally charged, while more adaptive thoughts and beliefs become accessible.

You don't have to have PTSD to benefit from EMDR.

EMDR may help when past experiences continue to affect how you feel, think, behave, or respond in the present.



WONDERING IF EMDR COULD HELP?

Give us a call to schedule a **free** consultation. We'd love to answer your questions and help you decide if EMDR is a good fit for you.

*¿Hablas español?
Nuestros servicios de EMDR también
están disponibles para ti.
¡Contáctanos!*



CONTACT US

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EMDR

*Eye Movement Desensitization and
Reprocessing Therapy*



Therapeutic
Wellness
Center



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WHO CAN BENEFIT FROM EMDR?

Trauma & PTSD

Complex PTSD (C-PTSD)

Anxiety & panic

Depression

Distressing memories

Phobias & fears

And more

EMDR was originally developed for trauma and PTSD, but research and clinical practice have expanded its use to many concerns involving distressing memories, beliefs, and emotional experiences.

HOW DOES EMDR WORK?

During EMDR, you focus briefly on a distressing memory, feeling, body sensation, or negative belief while engaging in bilateral stimulation (BLS). BLS involves rhythmic stimulation that alternates from one side of the body to the other.

Different types of BLS include:

Visual (Eye movements)

Kinesthetic (Tapping)

Auditory (Bilateral sounds)

As processing occurs, the memory become less vivid and less emotionally intense.



With successful processing, people may experience:

- Reduced intensity of triggers
- Fewer trauma-related symptoms
- More balanced thoughts and beliefs
- Greater sense of safety and control
- Improved emotional regulation
- Increased self-compassion
- Greater ability to live in the present rather than feeling pulled into the past
- Less emotional distress connected to memories

WHAT HAPPENS IN AN EMDR SESSION?

- EMDR follows an 8-phase treatment model designed to support safety, preparation, processing, and integration.
- You remain in control throughout the entire process.
- You do not have to share every detail of what happened.
- You don't have to relive the experience exactly as it happened.
- The process moves at a pace that feels safe and manageable for you.
- You can pause or stop the process at any time.
- EMDR is not hypnosis. You remain awake, aware, and able to communicate throughout the session.
- You may notice changes in thoughts, emotions, body sensations, or reactions to triggers as processing occurs.

