



Lakes Region Mental Health Center

# EMDR

Eye Movement Desensitization and Reprocessing

## About EMDR:

Eye movement desensitization and reprocessing (EMDR) therapy is a mental health treatment technique that is administered by specially trained clinicians. EMDR involves moving your eyes a certain way (bilateral stimulation) while processing traumatic events. The goal of EMDR is to help you reduce overwhelming emotions associated with trauma or disturbing memories. Studies have shown that by using EMDR therapy, people can experience the benefits of therapy that once took years to achieve.

Those who have completed an intake assessment, met with a therapist, and have met the criteria for EMDR, can be recommended for EMDR therapy if it is a good fit for their individual needs and circumstances.

If you'd like to know more about EMDR, visit:  
<https://www.emdr.com/what-is-emdr/> THERAPY