

# WHAT IS EMDR?

EMDR stands for Eye Movement  
Desensitization and Reprocessing.

## What is EMDR?

A structured therapy that asks clients to briefly focus on a memory while engaging in **Bilateral Stimulation**.

## How was it created?

Discovered and created by Francine Shapiro, PhD in the late 1980's.

## What is Bilateral Stimulation?

Typically eye movements, it is anything that quickly engages a person's focus back and forth for a short period of time.

## What is the goal?

The goal is to desensitize a person from the painful memory, and introduce a more adaptive belief.

## Why EMDR?

Extensively researched and boasts positive clinical outcomes supporting EMDR as a treatment for anxiety, depression, OCD, chronic pain, addictions, trauma & PTSD, and other mental health challenges.