

EMDR

Your Top Five Questions Answered!

EMDR stands for Eye Movement Desensitization and Reprocessing. It's a therapy technique that has historically been used to treat Post-Traumatic Stress Disorder (PTSD). More recently, it has been shown to be effective in the treatment of other mental health conditions.

We can help you with everything you need to know about EMDR and how it can help you!

- What is EMDR?
- How does EMDR work?
- Who is EMDR appropriate for?
- Can EMDR be done virtually?
- How do I get started with EMDR?



**Gooding Wellness has trained
EMDR clinicians on staff.
Contact us to schedule your
initial consultation**



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