

BUILD YOUR EMDR MESSAGE IN 4 STEPS



1. WHO ARE YOU?

- What's your name and title as you prefer it?
- What do you do?
- What type of therapist are you?

2. WHO DO YOU HELP?

- Do you work primarily with trauma survivors? Other issues?
- What results do you produce?
- What are your goals?
- Is there a specific population you work with?

3. WHAT IS EMDR?

- What does it stand for?
- What does it do?
- How does it help?
- How will it affect a client?

4. WHY DO YOU DO IT?

- What makes you enthusiastic about being an EMDR therapist?
- Why did you choose to pursue EMDR training?
- What rewards have you seen since you began using EMDR in your practice?

EXAMPLE

- I'm Jane Doe, a trauma therapist. I use EMDR therapy to help people work through their hardest experiences so they are able to live more rewarding lives. EMDR stands for Eye Movement Desensitization and Reprocessing, and is a form of therapy that helps people heal from trauma or other distressing life experiences. Experiencing trauma can block the brain's natural way to recover from distressing events. EMDR therapy is designed to reactivate this natural healing process through alternating eye movements, sounds, or taps. I have seen how amazing EMDR is for my clients! Watching their healing process with EMDR has made me more confident that I can help future clients with their pain.

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- Your notes here

2. WHO DO YOU HELP?

- Your notes here

3. WHAT IS EMDR?

- Your notes here

4. WHY DO YOU DO IT?

- Your notes here

EXAMPLE

- Your explanation here. Remember, be true to yourself. Your passion is inspiring!