

What is EMDR?

EMDR is an...

E

Evidence-based,

Eight-phase
Experiential
and
integrative
approach
to
trauma
recovery

that helps us
to...

M

Metabolize
unresolved
memories

and

Make new
meaning

using

Mindful
noticing
together with...

D

Dual-
attention
Stimulus

in order to

Decrease
Disturbance
and
Distress

and to...

R

Reprocess
and Resolve the
past,

Restore our
Resources and
Resilience,

and to
Reclaim our
wholeness,
inherent worth,
and future
potential.

