



Now Provides

EMDR Therapy

H3-Hope, Healing, Health LLC is an Emotional Wellness Center that offers a wide variety of therapeutic services including **EMDR Therapy**. Here is how EMDR works in simple terms:

FIRST... EMDR AND THE IMPACT OF MEMORIES

Memories have a huge influence on the quality of our lives. **Many of us experience anxiety, depression, addictions, PTSD and more**, as a direct result of unresolved bad memories.

NEXT... PROCESSING MEMORIES DIFFERENTLY

EMDR is a form of therapy designed to directly address memories and the way we process them. EMDR helps patients process disturbing memories changing the way they react and/or respond to them.



EMDR... WHAT IT IS

EMDR stands for Eye Movement Desensitization and Reprocessing. It is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma and other related conditions. Using a set of standardized protocols that incorporates elements from many different treatment approaches, **EMDR addresses the area of the brain responsible for protecting us.**

UNLOCKING MEMORIES WITH EMDR

When a disturbing or traumatic event takes place, our brains lock the memory in place as a safeguard. When events trigger those memories, our brains go on high alert and our bodies respond exactly as they did when the event first took place. **EMDR unlocks those memories and gives us a space to use other parts of our brain to process and release them.** Bad memories lose their hold on us and give us the chance to live happier lives.

**To learn more and/or schedule an appointment,
please call 586.335.2006 or email Support@H3EmotionalWellness.com**

*EMDR therapy is provided by licensed psychotherapists with comprehensive EMDR training provided through EMDRIA.org.