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*Do you feel like you've
been in therapy forever?*

EMDR may help you recover more quickly*

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR), originated by Francine Shapiro in 1987, is now used by over 40,000 therapists worldwide. They have already helped over one million people address a multitude of emotional issues. EMDR uses bilateral stimulation of the brain, through sight, sound, or touch, to accelerate the brain's information processing system.

I have been a therapist for over twenty-five years and have been using EMDR for the last twelve. The results continue to amaze me. In a brief number of sessions, major life limiting traumas can be healed. EMDR saves you time and expense. It also saves you from enduring needless emotional pain.

We have all experienced something, large or small, in our lives, which has limited us in some way. A big trauma is obvious, such as a plane crash. A small trauma can be just as limiting but not as obvious, such as being called a name as a child and later finding yourself unable to talk in front of crowds. Dr. Seligman, author of Learned Optimism, has labeled the aftermath of trauma as "learned helplessness." EMDR helps correct this and leaves you with more freedom to realize your true potential.

Some examples from my practice:

- A client survived a small plane crash and tried many other forms of therapy for nine months, including anti-anxiety and anti-depressant medication. He resumed normal living and flying after 3 EMDR sessions.
- A woman with a 30-year smoking habit quit with ease after only ten sessions. As is often true with addictions, she found that trauma (her mother's murder) was at the root of the problem.
- One client witnessed the Oklahoma bombing; his nightmares were gone after 3 sessions.
- Two clients that witnessed the 9/11 terrorist attack, as well as one survivor, reported great relief from anxiety after EMDR.
- One woman, imprisoned in her home for two years by agoraphobia, was "freed" after 3 sessions.
- Clients have resolved long standing crippling depression, panic attacks and/or chronic anxiety with EMDR.
- Two eight-year-old girls and one boy were traumatized with fear of tornadoes and

thunderstorms after the severe weather from a few years ago; they are now free of fear with the onset of severe weather.

- Three shy clients aged 8, 18 and 50 report marked improvement in social ease.
- Multiple clients experienced monumental changes in feeling neutral when in the presence of “toxic” interactions with family members or on the job.

What others have to say about EMDR

“The FBI has found EMDR to be extremely effective when used on individuals exhibiting symptoms of post-traumatic stress which can be tied to a specific traumatic event. The bottom line as I see it is that it works.”

- Charles McCormack, unit chief, Federal Bureau of Investigation Administrator, Employer Assistance Program

“EMDR is a powerful tool in the hands of a skillful therapist. I’ve found it extremely useful in the treatment of the painful aftermath of rape, assault, combat, drug addiction, and the death of a loved one. But I’ve also found it a real help in overcoming the wide variety of less dramatic issues that bring people into my office: overcoming jealousy, envy and the loss of relationships (including divorce), fear of taking a test or fear of an intimidating boss, writer’s and artist’s block, sexual inhibition and a variety of self sabotage.”

- Lewis Engel, Ph.D., Clinical Psychologist, private practice, San Francisco

“EMDR therapy has emerged as a procedure to be reckoned with in psychology...Almost a million have been treated...research appears to support the remarkable claims made.”

-Washington Post

“EMDR provides a way for people to free themselves from destructive memories and it seems to work, even in cases where years of conventional therapy have failed.”

-Hugh Downs, 20/20 ABC News

“EMDR is the most revolutionary, important method to emerge in psychotherapy in decades.”

- Herbert Fensterheim, Ph.D., Cornell University

“A lifesaving process for battered women...everyone who has experienced the psychological pain from abuse or knows someone who has should know about EMDR!”

-Lenore Walker, Ed.D. ABPP, Domestic Violence Institute

EMDR is a breakthrough therapy for:

Blocks to Physical Health - Stress - Anxiety -
Phobias - Large and Small Traumas - Addictions -
Performance Issues - Pain Management
Self-Sabotaging Behaviours

I hope you will treat yourself to this new approach and allow yourself more freedom to actualize your dreams. Remember, EMDR helps with big trauma as well as subtle experiences that have led to personal limitations.

There is much research published on EMDR, with twelve books in print. One is written for the client and is entitled EMDR, A Breakthrough Therapy, by Shapiro and Forrest. It is well worth reading and can be found in soft back at any major bookstore. Each chapter demonstrates the impact EMDR can have on various emotional issues.

Additional information, research references and testimonials from clients around the world can be found at the EMDR internet web site: <http://www.emdr.com>

THE EMDR INSTITUTE can be reached at 831-372-3900 if you are looking for a therapist in your area. Trained therapists are available in areas all over the world.

For a Private Consultation, Call:

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*A recent study financed by Kaiser Permanente revealed that EMDR was twice as effective in half the amount of time compared to the standard traditional care.