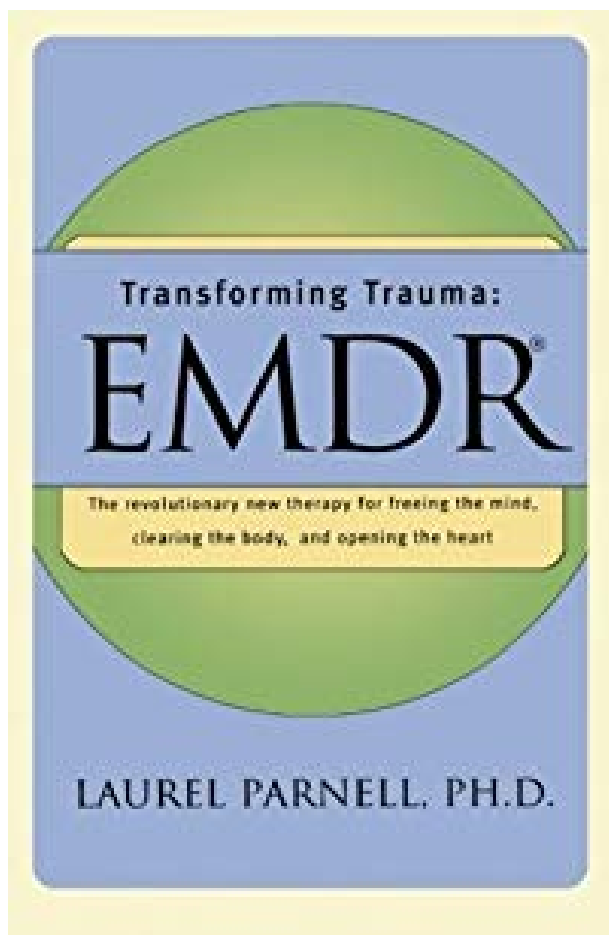


Transforming Trauma: EMDR



Pages:	288
Published:	April 17th 1998 by W. W. Norton Company
Genre:	Psychology
Author:	Laurel Parnell
ISBN13:	9780393317572
ISBN10:	0393317579
Goodreads Rating:	3.50
Language	English

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Eye movement desensitization and reprocessing (EMDR®) has helped thousands of clients haunted by abuse histories or recent traumatic events. It also benefits patients who have not found relief with other therapies and those with chronic conditions or blocked personal and professional performance. EMDR® therapy incorporates eye movements into a comprehensive approach that processes and releases information trapped in the body-mind, freeing people from disturbing images and body sensations, debilitating emotions, and restrictive beliefs. Not only does healing occur much more rapidly than in traditional therapy, but clients also experience a sense of joy, openness, and deep connection with others. EMDR® seems to be a quantum leap in the human ability to heal trauma and maladaptive beliefs.