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is a therapy that helps you process and recover from past experiences that are affecting your mental health and wellbeing it involves using side to side eye movements combined with talk therapy in a specific and structured format [emdr therapy for trauma anxiety and ptsd verywell health](#) May 06 2023 eye movement desensitization and reprocessing emdr is a form of psychotherapy talk therapy used for people who have experienced severe emotional trauma such as those with post traumatic stress disorder ptsd

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**emdr psychology today** Feb 03 2023 short for eye movement desensitization and reprocessing it involves recalling a specific troublesome experience while following a side to side visual stimulus delivered by the therapist

**texas lawyers for children webinar eye movement** Jan 02 2023 this webinar will explore emdr eye movement desensitization and reprocessing an evidence based trauma therapy and the incredible impact it can have in the healing of children who have been abused or neglected emdr is a very unique approach to helping children heal from trauma and has been proven to be extremely effective

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