EMDR Therapy

A popular counseling treatment option for trauma

Summer has long been a time to focus on raising awareness for many mental health conditions, including PTSD. According to the Mayo Clinic, posttraumatic stress disorder, or PTSD, is a mental health condition triggered by a terrifying event—either witnessing or experiencing it.

At AGAPE, many of our counseling clients receive therapy to cope with intrusive memories, negative changes in thinking and mood, and changes in physical and emotional reactions to their past traumatic experiences.

A form of therapy currently used at AGAPE with significant positive results is called **Eye Movement Desensitization and Reprocessing, or EMDR**.

Trauma can continue to resurface when sights, sounds, words, or smells trigger those unprocessed memories, causing the individual to re-experience them. EMDR Therapy allows clients to fully process the traumatic memories so they can move forward and heal.

"**The goal of EMDR Therapy is to change how your memories are stored in your brain and body**," explains Rosa Chavez, a licensed therapist at AGAPE. "An EMDR therapist does this by leading you through a series of bilateral (side-to-side) stimulating activities such as eye movements, tapping, or using sounds with headphones, as you recall traumatic or triggering experiences in small segments, until those memories no longer cause distress."

The bilateral stimulation with lights, headphones, and handheld vibration devices gives the individual something to focus on as painful memories and unwanted thoughts are accessed with the assistance of a therapist. This stimulation helps dim the memory's intensity, allowing space to process it without an overwhelming physiological response.

AGAPE currently has multiple therapists trained in EMDR therapy. Our compassionate and professional counselors can help you work towards growth, healing, and well-being. Contact us today at 615-781-3000 to discuss counseling options.

Example of handheld device used in EMDR therapy