



**BZA** behavioral  
health

# EMDR Therapy

(EYE MOVEMENT DESENSITIZATION AND REPROCESSING)

EMDR is an evidence based therapy that is proven to have a high success rate for helping individuals (adults and kids) with trauma, anxiety, or difficult life situations. EMDR uses a set of procedures to organize your negative and positive feelings, emotions, and thoughts through bilateral stimulation, such as eye movements or tapping, as the way to help you effectively work through disturbing memories.

The EMDR approach believes past emotionally-charged experiences are overly influencing your present emotions, sensations, and thoughts about yourself. EMDR has a direct effect on the way the brain processes information, releasing emotional experiences that are trapped in the nervous system.



Rebecca Ciesla, LCSW



Amanda Winter, LCSW

Our trained therapists work with the client one-on-one to recall a disturbing thought or memory. They then use bilateral stimulation (something you can see, hear or touch) to reprocess the painful memory or sensation, resulting in more resolved, peaceful feelings. Clients have reported making more progress in less time with EMDR compared to talk therapy alone.

CONTACT BZA TO SCHEDULE AT 847.221.5622 X800

STAY UP TO DATE ON OUR NEWSLETTER! SIGN UP AT [WWW.BZABEHAVIORAL.COM](http://WWW.BZABEHAVIORAL.COM)