



EMDR Therapy: Learn To Love Your Past, Present And Future

Paul Catalani

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An untainted and positive approach to life is a keystone to achieving happiness. Just as we fail to view a clear vista looking through a dirty glass, we fail to view the beauty of life looking through a mind riddled with negative memories. Eye Movement Desensitization Reprocessing (EMDR)—although still in its early stages of global recognition— is a form of therapy that has helped millions with their psychological ailments. Extensive research has evidenced the efficacy of EMDR’s approach in the treatment of trauma. This eBook provides essential information about EMDR, discussing its history, definition, the eight phases of treatment, research based results, plenty of self-help techniques and much besides. It deliberates the benefits of EMDR in the treatment of post-traumatic stress disorder (PTSD), anxiety, various phobias and other experiential-based disorders. Enhanced with examples and broad descriptions, the book gives a thorough understanding of the purpose of the therapeutic approach and provides a vivid imagery of what EMDR therapy sessions look like. This eBook will serve as a great compass for the understanding of EMDR for those seeking to pursue the therapy. It furnishes all the necessary information needed to understand whether this therapy is the right one for you or a loved one.

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