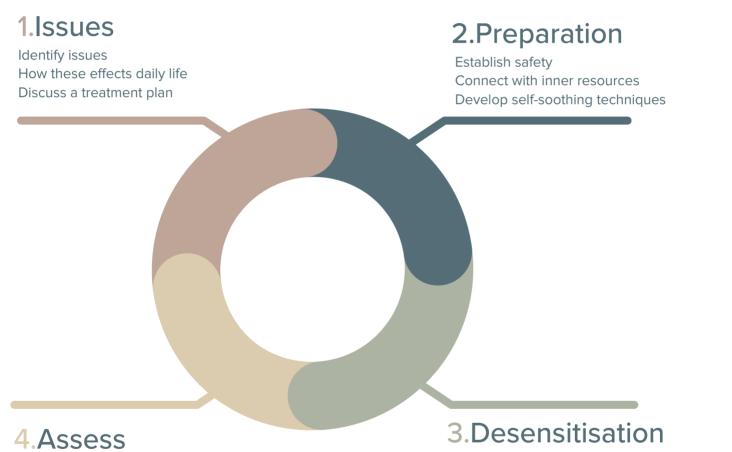


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The EMDR Process

Eye Movement Desensitising & Reprocessing



Identify events & triggers Emotions & body sensations Create positive belief statement Bilateral stimulation React to new insights + associations Continue until destressing emotions are reduced

Visit www.beyondeap.co.uk/emdr to find out more

