

Soul Space offers EMDR individual therapy and group therapy via telehealth.

Telehealth is a convenient way to access therapy from the comfort of your own home or any other space where you feel comfortable. All you need is an internet connection and a private space where you can talk to your therapist. No need to worry about commuting, taking time off work, or finding childcare. EMDR is highly effective in a telehealth format.

Find out more.

Visit [www.soulpace.systems](http://www.soulpace.systems) to schedule a free 15 minute consultation.



757-919-9009

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## WHAT TO EXPECT IN EMDR THERAPY

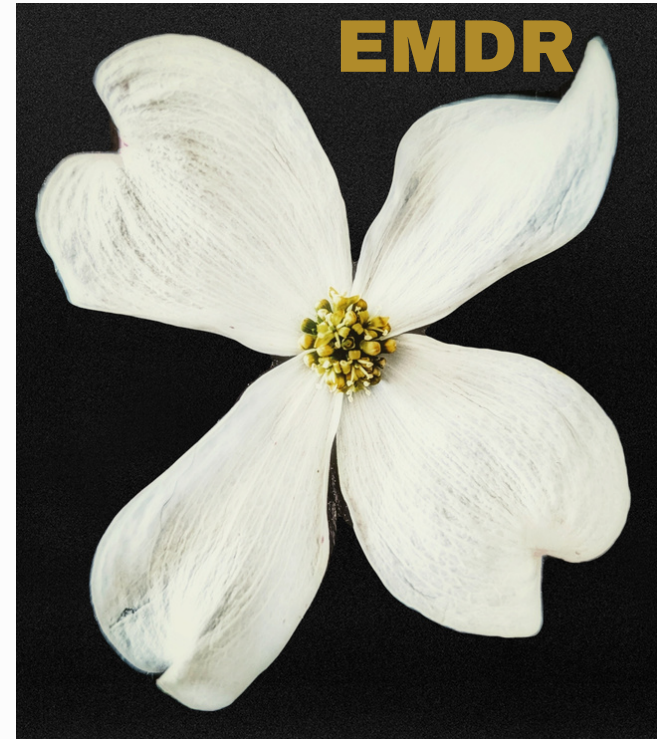
In your EMDR sessions, your therapist will create a safe and supportive environment for exploration and healing.

Together you will identify target memories or issues to address, and then engage in bilateral stimulation techniques while focusing on specific aspects of the memory or belief.

EMDR may involve some emotional processing, but your therapist will provide tools and support to ensure your well-being throughout the process.

The logo for Soul Space, featuring the words "SOUL" and "SPACE" in a bold, sans-serif font, with a stylized eye icon between them. The logo is contained within a white rectangular box with a thin black border.

## DISCOVER EMDR



Unlock Your Potential for  
Healing and Growth



## WHAT IS EMDR?

- EMDR stands for **Eye Movement Desensitization and Reprocessing**, a powerful therapeutic approach that helps individuals heal from distressing experiences and achieve personal growth.
- EMDR is an evidence-based therapy that is particularly effective in treating trauma, phobias, anxiety, depression, and other emotional challenges.
- EMDR can help reduce the negative emotions associated with an overwhelming or traumatic event, such as fear, anger, and sadness. It can also help you to improve your sleep, concentration, and overall quality of life.

## HOW DOES EMDR WORK?

EMDR is based on the **Adaptive Information Processing (AIP) model**, which proposes that given the appropriate circumstances we are always moving towards health. However, distressing experiences can become "stuck" in memory networks, leading to emotional and psychological difficulties such as anxiety, depression, PTSD, chronic stress as well as health conditions exacerbated by stress.

EMDR creates the conditions to successfully process these stuck experiences. Through the use of bilateral stimulation techniques, such as eye movements, sounds, or tapping, EMDR helps reprocess these memories, allowing for resolution and healing.

## BENEFITS OF EMDR

### **Personal Growth:**

EMDR supports individuals in reaching their full potential, fostering self-discovery, and promoting personal growth.

### **Increased Emotional Resilience:**

EMDR helps individuals develop greater emotional stability and the ability to cope with challenging situations.

### **Improved self-esteem:**

By addressing negative beliefs and replacing them with positive ones, EMDR enhances self-worth and self-acceptance.

### **Enhanced Relationships:**

EMDR can help heal relational wounds from the past, improving communication, trust, and intimacy in the here and now.

### **Trauma Resolution:**

EMDR facilitates the processing and healing of traumatic memories, reducing distressing symptoms such as emotional triggers, symptoms of anxiety & depression, flashbacks, and nightmares.