Local Therapist Trained in Cutting Edge Approach: Beyond Traditional Talk Therapy

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Here are a few questions for you to consider: Do you ever feel that you have a hundred dollar reaction to a five cent problem? Do you feel agitated and impatient, like you could blow at any time? Do you struggle with insomnia, bad dreams, or feel that your memory is not what it used to be? Do you feel detached from people, even those close to you? Many people do not realize that these are all symptoms common among people who have experienced trauma.

Here is another question: Do you believe there is still stigma in getting help for emotional problems? I believe the answer to that is, "YES!". And it is why I have taken extra measures to ensure that my place of business does not feel clinical… at all! If you take that courageous step of reaching out to me for help with an emotional problem, you will find yourself situated in a private, safe, cozy house within a small village. My office is intentionally comfortable and relaxed. I have received wonderful comments from many clients that this setting feels especially homey, safe, confidential and conducive to the work of healing. Highly discreet, patients are even able to leave through a private exit without returning back through the waiting area. I understand that it can be scary working on trauma. Therefore, doing so in a healing environment is crucial.

I am a Licensed Clinical Social Worker, specialized in helping people heal from trauma. The trauma may be a recent event, e.g. a motor vehicle accident, the sudden death of a loved one, an unexpected medical condition or procedure, a violent crime, etc. Or the traumatic experience could be something that occurred long ago, such as childhood sexual abuse, loss of a loved one, or suicide of a family member or friend.

The type of therapy I use to treat these issues is called "Eye Movement Desensitization and Reprocessing" or EMDR. This is a heavily researched and well documented, protocol-based approach. EMDR is recognized by the United States Department of Defense and the American Psychiatric Association as an effective treatment for PTSD (Post Traumatic Stress Disorder). In order to be trained in EMDR, a professional must be a licensed mental health clinician at the masters degree level or above.

Since I have been trained in EMDR, I feel that the effectiveness of patient therapy has increased exponentially. For example, if someone had come to me with a recent trauma prior to my training in EMDR, I would have done my best to help the person stabilize by using some cognitive skills. This might have "taken the edge off", but I never felt that the person was thoroughly healed of their trauma. Now, using a Recent Event Protocol, it is my experience that people are often symptom-free in just a few sessions--amazing! This very rapid resolution of symptoms typically occurs when a person gets treatment within three months of an event that prompts symptoms. However, resolution of longer term symptoms is also possible with related protocols.

It is my desire to get word out to the public that EMDR works! In addition to PTSD, EMDR has been proven effective in alleviating symptoms of general anxiety, panic and depression. With a new cutting-edge protocol, EMDR is now effectively treating people with borderline personality disorder as well. Next time, I will discuss more about the physiology behind EMDR. But for now, I want to encourage people to look into EMDR for healing from recent and past trauma.

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