



# **Transforming Trauma: EMDR: The Revolutionary New Therapy for Freeing the Mind, Clearing the Body, and Opening the Heart**

*Laurel Parnell*

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**The revolutionary new therapy for freeing the mind, clearing the body, and opening the heart.**

Eye movement desensitization and reprocessing (EMDR®) has helped thousands of clients haunted by abuse histories or recent traumatic events. It also benefits patients who have not found relief with other therapies and those with chronic conditions or blocked personal and professional performance.

EMDR® therapy incorporates eye movements into a comprehensive approach that processes and releases information trapped in the body-mind, freeing people from disturbing images and body sensations, debilitating emotions, and restrictive beliefs. Not only does healing occur much more rapidly than in traditional therapy, but clients also experience a sense of joy, openness, and deep connection with others. EMDR® seems to be a quantum leap in the human ability to heal trauma and maladaptive beliefs.

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