

Eye Movement Desensitization Reprocessing (EMDR) Therapy

Service Population

Children and adolescents ages 6-21 who are experiencing, but not limited to, the following:

- Anxiety Disorders
- Trauma
- Depression
- Grief & Loss
- Behavioral Difficulties
- Attachment Issues
- Nightmares & Flashbacks

Expected Outcomes

- Significant reduction or elimination of trauma-related symptoms
- Decreased anxiety, fear, and depressive symptoms
- Improved emotional regulation and coping skills
- Resolution of negative self-beliefs and development of more positive self-perception
- Enhanced ability to form healthy relationships
- Reduction in challenging behaviors that are linked to unprocessed distress

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



Program Description

Eye Movement Desensitization Reprocessing (EMDR) Therapy is a type of mental health treatment where individuals receive counseling with a Licensed Professional Counselor (LPC), Licensed Clinical Social Worker (LCSW), Resident in Counseling, or Supervisee in Social Work in person or via telehealth who has completed specialized training in EMDR. EMDR is an evidence-based therapy recommended for addressing trauma as well as emotional and behavioral challenges stemming from unprocessed memories. EMDR is based on the Adaptive Information Processing (AIP) model, which suggests that disturbing experiences, when not fully processed, can become "stuck" in the brain's neural networks. This can lead to ongoing distress, negative beliefs, and maladaptive coping strategies. EMDR uses bilateral stimulation (e.g., guided eye movements, alternating taps, or auditory tones) to help the brain reprocess these memories. This process allows the distressing memory to be integrated into the brain's adaptive memory networks, reducing its emotional charge and allowing for new, more adaptive perspectives. It's like helping the brain "file away" the disturbing memory so it no longer triggers an overwhelming emotional response. The EMDR model follows eight phases:

- History Taking and Treatment Planning
- Preparation
- Assessment
- Desensitization
- Installation
- Body Scan
- Closure
- Reevaluation

Youth Connect of Virginia

Phone: (540) 488-5636

Fax: (888) 808-3395

Email: referrals@youthconnectva.com

Address: 370 Tanyard Road, Rocky Mount, VA 24151