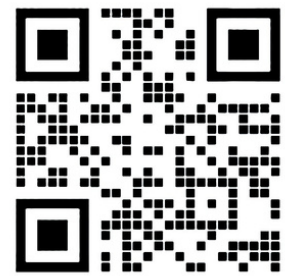
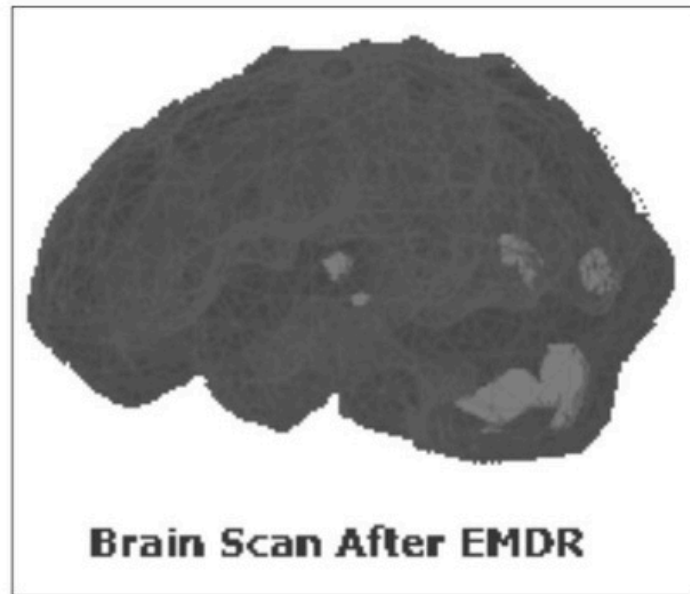
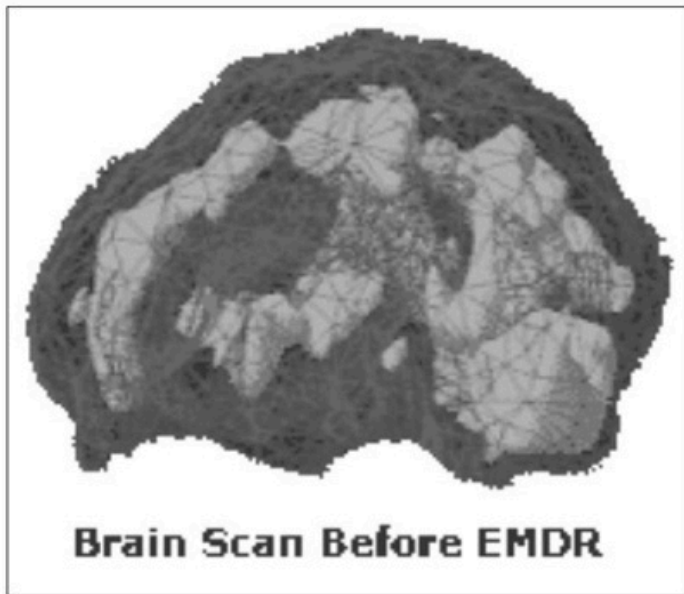


EMDR



EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY



Before and after EMDR brain scans.

Left photo shows woman with Post Traumatic Stress Disorder.

Right photo shows same woman after four ninety minute EMDR sessions.

The brightened areas indicate over-activity in the brain. Photo by Dr. Daniel Amen

EMDR, or Eye Movement Desensitization and Reprocessing, is a structured psychotherapy that helps the brain process distressing memories that remain “stuck.” Unlike traditional talk therapy, it does not require repeatedly discussing the trauma. Guided eye movements or gentle bilateral stimulation help the brain reprocess memories, reducing emotional intensity and improving daily functioning. Decades of research show 70–90% of individuals experience significant relief from PTSD, anxiety, intrusive memories, grief, and other stress-related difficulties.

BelMind Therapeia offers EMDR therapy virtually, making effective trauma treatment accessible from anywhere in Ontario.