

Eye movement desensitization and reprocessing, better known as EMDR, is a cognitive technique developed in the late 80's that enjoys wide acceptance today. While the technology employed in EMDR seems surprisingly simple, in the hands of a well-trained Level 2 practitioner, this technique can and does produce amazingly fast and lasting results. Often in as few as 1-3 sessions a PTSD sufferer reports complete relief from the internal 'pain and suffering' caused by traumatic life experiences.

EMDR is also a treatment of choice for a person who hasn't suffered major trauma (big T's we call them) and yet experiences anxiety, poor self-esteem or negative self-referencing beliefs that make it difficult to live life fully.

A more recent application of EMDR is called Resource Enhancement, and works by reinforcing a person's positive life experiences, thereby increasing confidence, self esteem and personal empowerment.