



Healing of Memories

Counselling with EMDR method

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60 min | 5,500rs

Eye movement desensitization and reprocessing (EMDR) is a form of psychotherapy which uses eye movements or other forms of bilateral stimulation to purportedly assist clients in processing distressing memories and beliefs. It is commonly used for the treatment of post-traumatic stress disorder (PTSD) and involves attention to three time periods: past, present, and future. Focus is given to past disturbing memories and related events. Also, it is given to current situations that cause distress, and to developing the skills and attitudes needed for positive future actions.