



For Immediate Release

Contact Info: Kelly Pomerville, Marketing and Public Relations Manager
941-639-8300 Ext. 2275

EMDR Therapy Now Offered at Charlotte Behavioral Health Care

Punta Gorda, FL (May 16, 2017) – Feeling anxious? Trouble sleeping? Sadness that won't go away? Feeling stuck? Everyone experiences a stressful or disturbing event at some point in their life; however, a past event that is still upsetting or disturbing is a trauma.

Eye Movement Desensitization & Reprocessing (EMDR) therapy, now offered at Charlotte Behavioral Health Care (CBHC), is considered an "A" level treatment for trauma and is recommended by the World Health Organization for children, adolescents, and adults.

EMDR therapy enables people to heal from symptoms and emotional distress resulting from disturbing life experiences. Using EMDR therapy, studies show that people can experience immediate benefits from psychotherapy that once took years to make a difference.

"When a disturbing event occurs, it can get locked in the brain with the original images, sounds, thoughts, feelings and body sensations," explains Randy Cisne, LHMC. "If the traumatic event is not effectively processed and stored in memory, it can result in maladaptive thoughts, feelings and behaviors. EMDR therapy is used to address adverse life experiences that contribute to problems of daily living."

EMDR therapy shows that the mind heals from psychological trauma in much the same way as the body recovers from physical trauma. For example, if you cut yourself on an object, your body works to close the wound. If something irritates the wound, it reacts by swelling and causing pain. Once the irritant is removed, healing resumes.

In the same way, if your mental processes are imbalanced by a traumatic event, the emotional wound reacts festers and may cause intense suffering. EMDR aims to reduce distress and strengthen positive cognitions related to a traumatic event. Through EMDR therapy, clinicians can help clients activate their own natural healing process, thereby removing the irritant and resuming the healing process.

To find out more or to schedule an appointment, visit www.cbhcf.org or call CBHC at 941-639-8300.

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