

Download Emdr The Breakthrough Therapy For Overcoming Anxiety Stress And Trauma

EMDR: The Breakthrough Eye Movement Therapy for Overcoming Anxiety, Stress, and Trauma [Francine Shapiro] on Amazon.com. *FREE* shipping on qualifying offers. Hailed as the most important method to emerge in psychotherapy in decades, EMDR has successfully treated psychological problems and illnesses in more than one million sufferers worldwide. **EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY.** Description. In this remarkable book, Dr. Francine Shapiro, the originator and developer of EMDR, explains how she created Eye Movement Desensitization and Reprocessing (EMDR), how it works, and how it can help those who suffer from debilitating behaviors, anxiety, and stress. EMDR was originally developed to treat the symptoms of post traumatic stress disorder, anxiety, and phobias. Some therapists also use EMDR to treat depression, eating disorders, schizophrenia, sexual dysfunction, and stress caused by chronic disease. Eye Movement Desensitization and Reprocessing, or EMDR, is a powerful new psychotherapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, post traumatic stress and many other emotional problems. Until recently, these conditions were difficult and time-consuming to treat.