



Self-Administered EMDR Therapy: Freedom from PTSD and Emotional Trauma

Katherine Andler

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Eye Movement Desensitization and Reprocessing (EMDR) therapy has been used for over two decades to heal Post Traumatic Stress Disorder, Emotional Trauma, and the many symptoms (including re-experiencing, hyper-awareness, and flashbacks) of having disturbing and distressing unprocessed memories in our brains. Whether we've experienced small or major trauma, and whether we are aware of the foundation of our issues, EMDR will desensitize disturbing and painful thoughts, sensations, images, and emotions, and turn around our negative beliefs.

This guide, (parts of which have been reproduced from *Self Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression*, by Katherine Andler,) explains the theory behind the therapy, and what to expect from self-administered EMDR. It provides a framework for self-help so that you can apply the 8 stages of EMDR correctly without the need of a therapist.

New content includes a comprehensive list of negative and positive cognitions you can use during the Reprocessing Stage of EMDR therapy.

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