



Eye Movement Desensitization and Reprocessing

A Powerful Approach to Trauma Healing

I am an EMDRIA Certified Therapist.

EMDR is an evidence based psychotherapy that helps individuals heal from traumatic and distressing life experiences. It uses bilateral stimulation such as eye movements, tapping, or tones to help the brain reprocess memories so they are less emotionally disruptive.

Benefits of EMDR

- Reduces symptoms of post traumatic stress disorder
- Decreases anxiety, depression, and distress linked to trauma
- Improves emotional regulation and coping skills
- Helps reframe negative beliefs into more balanced perspectives
- Promotes long term resilience and well being

What Research Shows

EMDR has been rigorously evaluated and is recommended as a first line treatment for PTSD by the World Health Organization and the U.S. Department of Veterans Affairs. Randomized controlled trials show outcomes comparable to other gold standard trauma treatments with many clients improving within 6 to 12 sessions.

What EMDRIA Certification Means

Certification indicates advanced training, demonstrated competency, and ongoing consultation with EMDRIA approved experts. It reflects a high standard of practice, ethical care, and dedication to effective trauma treatment.

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