

Sponsored by Saddle Lake
Health Care Centre and Jordan's
Principle



Child Psychologist

Janine Groeneveld, MC. Registered
Psychologist (5096), Trauma Specialist with
EMDR

will be at the Jordan's Principle office on
August 23rd, 2019 from 10am-3pm

To book an appointment, please contact Jordan's
Principle at Genevieve.jackson@slhcc.net or
terri.cardinal@slhcc.net

What is EMDR?

EMDR stands for Eye Movement Desensitization & Reprocessing.
It is a therapy proven to help reduce symptoms related to:

DEPRESSION

PHOBIAS

ANXIETY

TRAUMA &
PTSD

ADDICTIONS

OTHER EMOTIONAL
PROBLEMS

How does EMDR work?

EMDR has a direct effect on the way the brain processes information, releasing emotional experiences that are trapped in the nervous system.

1. Your therapist helps you recall an upsetting memory, thought, or feeling.
2. Then, your therapist activates both sides of your brain by using Dual Activation Stimulation (DAS), which is something you see, hear, or feel on both sides of your body. It's like watching a ping-pong game.
3. The upsetting memories are REPROCESSED by the brain, resulting in. painful memories and thoughts being replaced by more RESOLVED,