



Let Us Come to You

Our services are offered in the home, school, community, through telehealth, or Family Pride offices. We believe you are the expert on your own life, let us help you with real and practical tools to achieve your goals. Together, we can find solutions!

Call to Schedule

Call between **8:30 a.m. and 5:30 p.m.** to schedule an appointment.

We offer flexible scheduling to accommodate our clients and their families, including evenings and weekends.

Locations

📍 CHARDON

521 Fifth Avenue, Suite A

📞 440-286-1553

🕒 8:30am-6:00pm

📍 ASHTABULA

1110 Lake Avenue

📞 440-536-5680

🕒 8:30am-4:30pm

FAMILYPRIDEONLINE.ORG

✉️ fpadmin@familyprideonline.org



EMDR

Eye Movement Desensitization and Reprocessing





What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is one approach to therapy that Family Pride offers. It is a form of psychotherapy that enables people to heal from the emotional distress of a traumatic experience. Trauma is experienced uniquely by the individual, what you may find traumatic, might not be



distressing to someone else. EMDR allows YOU to target a specific trauma or negative event experienced. This could include childhood trauma, car accident, abuse, phobias, divorce, medical trauma, natural disasters, etc.



How does it work?

Traumatic events are stored in short term memory. No matter how long ago the actual event happened, it causes symptoms that are similar to the reactions you experienced when the trauma occurred. EMDR helps to remove the “block” that can get in the way of the natural healing process. By using bilateral stimulation, therapists are able to trigger biological mechanisms similar to REM (Rapid Eye Movement) sleep. The client focuses on a certain memory or feeling associated with their trauma while the therapist uses bilateral stimulation, helping the client’s brain to process the memory.

A typical EMDR session last from 60 to 90 minutes. The type of problem, life circumstances, and the amount of previous trauma will determine how many treatment sessions are necessary, EMDR may be used within a standard “talking” therapy, as an adjunctive therapy with a separate therapist , or as a treatment all by itself.



Why does it work?

This method allows clients to heal themselves through their own emotional and intellectual processes without undergoing traditional talk therapy. It allows clients to transform former uncomfortable and negative feelings, to self-empowerment. Clients report a shift toward well-being, a sense of release, a feeling of peace, acceptance, and a deep appreciation for their own strength after EMDR therapy.