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Using EMDR to Treat PTSD for Soldiers, Victims of War and Sexual Abuse Survivors

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Abstract

EMDR is a way to deal with past trauma, PTSD and burnout - a gentle, effective and quick way to right the ship. It gets to the heart of the matter with imposter syndrome.

EMDR is particularly effective with a specific traumatic event (or the same event over a period of time) where a person was trapped, forced, coerced, or even high on drugs when a terrible memory was created). Get rid of this baggage in 3-6 sessions. None of us needs to suffer in self-created prisons. The key is on the floor. Pick it up.