



# SOS & EMDR

## Survivors of Suicide & Eye Movement Desensitization and Reprocessing Therapy

### OR General Therapy Sessions

#### WHAT IS EMDR:

- EMDR is an evidence-based psychotherapy for Posttraumatic Stress Disorder (PTSD). In addition, successful outcomes are well-documented in the literature for EMDR treatment of other psychiatric disorders, mental health problems, and somatic symptoms
- EMDR is designated as an effective treatment by the American Psychiatric Association, the World Health Organization (WHO), and many other international health agencies.
- EMDR reduces or resolves traumatic memories and enhances resilience.

#### SURVIVORS OF SUICIDE AND THERAPY (including EMDR):

- Survivors have found EMDR to be very effective in dealing with the trauma of their loss, and the complicated grief associated.
- If you are experiencing flashbacks or repetitive thoughts from a traumatic loss, then EMDR may be an effective way to regain control of these intrusions.
- If you are not ready for EMDR but are in need of counseling services, we offer individual therapy also.



#### Gaining Hope with EMDR

**If you are interested in services, please contact**

**Sanja Sobo, MC, LPC:**

**480-784-1514, ext. 4202/ [Sanja.Sobo@LaFrontera-EMPACT.org](mailto:Sanja.Sobo@LaFrontera-EMPACT.org)**

