

# **Download Eye Movement Desensitization Reprocessing (emdr) In Child And Adolescent Therapy**

EMDR Institute, Inc. PO Box 750 Watsonville, CA 95077 USA Tel: 831-761-1040 Fax: 831-761-1204  
inst@emdr.com A meta-analysis, see citation following, has also been conducted on Eye Movement  
Desensitization and Reprocessing for Children and Adolescents (EMDR) though this article is not used for  
rating and therefore is not summarized: Eye Movement Desensitization & Reprocessing ... EMDR is a  
specialized procedure for resolving trauma or loss memories. Briefly, it involves having the client concentrate  
on the worst moment of the memory while visually following the therapist's moving fingers; this is repeated  
with different aspects of the memory until no further distress remains. Eye Movement Desensitization and  
Reprocessing (EMDR): what it is, how it helps, and what it's used for (includes videos). EMDR has been  
successfully used to treat: PTSD & Trauma, Anxiety, Phobias, Depression, and Panic Attacks.