

Who can benefit from EMDR therapy?

EMDR therapy helps children and adults of all ages. Therapists use EMDR therapy to address a wide range of challenges:

- Anxiety, panic attacks, and phobias
- Chronic illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders

- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- PTSD and other trauma and stress-related issues

- Sexual assault
- Sleep disturbance
- Substance abuse and addiction
- Violence and abuse

<https://www.emdria.org/about-emdr-therapy/>