

# Are you a candidate for EMDR?

## \*EMDR Screener\*

EMDR is a powerful tool to help you get unstuck. If you're unsure if you're a good candidate for our practice consider the following:

- o Do you feel you have past traumas? (Can be big or small)
- o Do you feel like you loop or glitch on similar themes?
- o Do you feel "stuck in time"?

o Do you feel you repeat the same stories?

O Have you already completed CBT?

- o Are you able to access a computer with strong wifi
- o Can you have a private session without interruption
- o Can you commit to 6 sessions (between 60-90minutes)

If you've answered yes to any of the questions above you're likely a good candidate – either way we're happy to connect with you so go ahead and book an assessment!

