



**EMDR reduces the influence of distressing memories, freeing us to live our life more fully.**

Stress / Anxiety / Panic

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Relationships / Parenting  
Childhood / Trust

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Work and Sports Performance  
Leadership Effectiveness

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Confidence / Public Speaking

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Bullying / Addiction  
Medical Procedures

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Fears / Phobias /  
Accidents / Injury

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**REMOVE WHAT GETS IN YOUR WAY**

If you are frustrated with lack of progress or have felt unable to overcome blocks or barriers so far, EMDR may be just what you are looking for. EMDR can quickly address issues that talk therapy can take years to resolve.

Life is full of experiences. Good ones teach you confidence and bad ones teach you caution. Even though you may have moved well beyond your past, the instinct to avoid reminders of the past prevents you from performing comfortably at your best. EMDR Therapy has the ability to give you the confidence to function without worry or stress in the present or future.

Recommended by the World Health Organisation, it is a powerful psychological approach that has helped millions of people worldwide to reclaim their freedom from many different types of distress. It works by rapidly dissolving the vividness and emotional charge of difficult memories, releasing you to get on with living well. Making Better Possible.

## Why EMDR?

Often the painful things that happen in our lives overwhelm our normal coping mechanisms and stay with us. The images, sounds, smells and feelings still seem to be there – they haven't changed because they are stored in our brain in a frozen form as memories of when we felt "not good enough". We can feel locked into ways of thinking, feeling and behaving we may not believe can change and think is normal.

EMDR overcomes the imprints of the past. It has been shown to produce changes in the brain which allows us to react calmly in situations which previously have caused discomfort or irritation. Following an EMDR session, we no longer relive the experience. We can still recall that an incident happened, but it no longer feels upsetting.

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## Mindfulness and EMDR – how do they fit together?

Mindfulness has a wide range of benefits, both before and after EMDR processing.

Before:

- Stabilises your nervous system
- Reduces anxiety and emotional overwhelm
- Builds confidence that you can choose where to place your attention at will – to keep it on something helpful and to remove it from something unhelpful like worry or repetitive negative thoughts
- Increases feelings of peace and calm

After:

- Establishes well-being and emotion regulation skills and benefits for life
- Increases focus, energy and choice in how to respond
- Opens up greater creativity and performance potential

*Unlike traditional "talking therapy" with EMDR you don't have to go into great detail about the events.*



Kellie Edwards is a Psychologist, EMDR Therapist and Mindfulness Teacher based in Edithvale and Melbourne CBD.

She integrates mindfulness, compassion and the power of EMDR to help people get "unstuck" and make better possible.

Contact Kellie on 0404 155 828

Pam Brown has been an EMDR Therapist for 25 years, has served as a Director on the EMDR Association of Australia Board (Past President 2008 - 2014) and is an EMDRACC Accredited Consultant.

Pam has used EMDR Therapy extensively to reduce the uncomfortable feelings that prevent people from being their best.

Contact Pam on 0408998749



Medicare rebates are available for EMDR coaching and counselling with a referral from your GP.  
Private Health insurance benefits may apply.