



EMDR

Eye Movement
Desensitization and Reprocessing



What?

What you may not remember, you still may recall.

We are like little Black Boxes recording everything from pupil dilation to room temperature, from a child's laugh to something that was said to the smell of rain.

Our experiences are tagged by details like these. We can use these tags to study specific feelings, giving us the ability to process emotions that interfere in our day-to-day lives.

Why?

EMDR can help with:

Performance Anxiety, Panic Disorders
Disturbing Memories, Trauma, PTSD
Eating Disorders, Body Image Disorders,
Phobias and Specific Aversions,
Miscarriage, DNC, Abortion
Death, Grief, and Dying

Please call for more information or to schedule an appointment.

(203) 227-4555



EMDR Staff

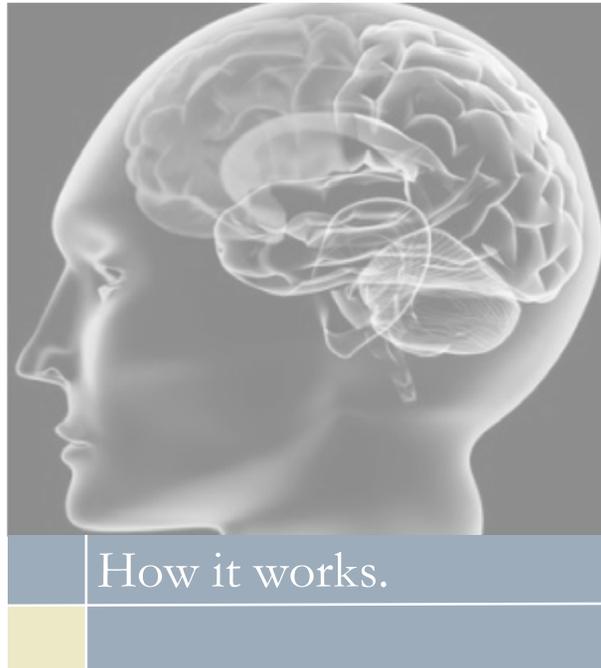
Prior to founding Westport Family Counseling, **Director, Nicholas Strouse**, worked in both outpatient and acute care settings. He is a Licensed Clinical Social Worker, specializing in psychodynamic therapy. He was trained in EMDR (Eye Movement Desensitization Reprocessing) at the Child Trauma Institute, in Greenfield, Massachusetts. He obtained his MSW from Adelphi University.

Vera Muller-Paisner, Psychotherapist and Psychoanalyst, has spent the last dozen years studying the chronicity and transmission of trauma. She received her degree in clinical Social Work from Adelphi University and her degrees in Psychoanalysis and Organizational Consultation from the Post Graduate Center for Mental health.

Carolyn Yates is Westport Family Counseling's **Community Outreach Director**, as well as one of the primary team members involved in developing new programs. She received her B.A. in Psychology from the College of the Holy Cross in 2008 and is presently obtaining her Master's in Marriage and Family Therapy at Fairfield University. Fall 2011 marks the beginning of her clinical affiliation with St. Vincent's Behavioral Health in Westport.

Other WFC Staff:

- Loredana Trandu, M.A. in Counseling Psychology, **Holistic Specialist**
- Loretto Lacayo, LPC, M.A. in Counseling Psychology, **Multicultural Family Specialist**
- Victoria Shaw, NCC, PhD, **Educational Consultant**
- Jacqueline Sherling, MSW, **Women's Program Director**



There is no trance, no hypnosis, just guided eye movement. An EMDR-trained therapist directs the client's visual field, while simultaneously focusing the conversation on salient details of a specific memory. The resulting introspective discussion, in combination with the eye movement triggers the parts of memories that have not yet been processed.

EMDR is so effective that many people find they feel significant improvement after only a limited number of sessions.

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