

Ellie Mental Health, EMDR Therapy

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USA

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At Ellie Mental Health, our experienced therapist specializes in EMDR (Eye Movement Desensitization and Reprocessing). We are dedicated to empowering individuals on their journey to healing and emotional well-being. Through personalized therapy sessions, we provide a safe and supportive space for addressing trauma, anxiety, and other mental health challenges. EMDR is a powerful therapeutic approach that facilitates the processing of distressing memories, promoting healing and positive change. With compassion and expertise, we guide our clients toward greater resilience, self-discovery, and improved mental health.