

# EMDR For Complex Post Traumatic Stress Disorder (C-PTSD)

Right now, as a result of your unresolved C-PTSD, you may be experiencing...

- Intense feelings of worthlessness, shame, and guilt.
- Dissociative flashbacks, nightmares, hyper-vigilance.
- Challenges regulating your emotions.
- A pattern of unstable and fractured relationships.
- Avoidance of external reminders, and avoidance of thoughts and feelings associated with the traumatic event(s).

You're realizing that your C-PTSD is unresolved and it's getting in the way of your life...

- Your world is getting smaller and smaller and more controlled as you creatively avoid any reminder of the traumatic event(s) you went through.
- You have poor boundaries with other people and you find yourself starting to withdraw and isolate because relationships feel painful, exhausting, and like a mystery to navigate.
- You're having emotional flashbacks.
- You may feel persistently sad, perpetually anxious, or chronically numb.

You're longing for...

- To feel more equipped to handle life. Particularly the relationships in your life.
- A more stable, consistent self of self and steady sense of esteem as you move through your days.
- To feel like you can get through the day without using substances or behaviors that you know aren't good for you.
- An ability to feel at ease in your body, not to be in a constant state of fight/flight/freeze.
- To be able to stay present and not "drift off" at work, when someone's talking, etc.

What you're longing for is possible.

How we can help you process the toll of the traumatic events you lived through...

At Evergreen Counseling, we have a seasoned, senior EMDR-Certified therapist who specializes in providing high-quality, efficient, and effective trauma therapy to those experiencing symptoms of PTSD, C-PTSD and dissociation symptoms.

What is EMDR therapy and why is it so effective?

EMDR therapy is a widely researched, evidence-based, and neuroscience-informed integrative therapy that was discovered and further refined to reduce distressing emotional symptoms from a multitude of challenging life experiences including isolated and protracted traumatic experiences, addictions, phobias, and more.

Over three decades of research have shown that EMDR is the most effective and rapid method for healing PTSD (Post Traumatic Stress Disorder) to the point where it is now endorsed by the World Health Organization and one of only three therapies recommended by all branches of the military and the VA for the treatment of trauma.

EMDR allows an individual to process and "digest" traumatic experiences so that they no longer bother the person and are experienced as just another non-triggering memory.

Here's a wonderful video from EMDR International Association that further succinctly explains what EMDR is. And finally, here's some more information about what to expect from EMDR treatment.



Stephen Duraney, LPCC

## Beginning EMDR Therapy with Stephen

If you would like a confidential, trusted and highly trained clinician to support you in processing your C-PTSD, Stephen Duraney, LPCC is currently accepting new clients for EMDR therapy. Please note: at this time, he's only able to offer telehealth sessions.

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You can schedule a complimentary 20-minute consult call with Stephen here.

Or you can book a full first session with Stephen here.

You can also view Stephen's up-to-the-minute openings here as well as learn more about his fees for EMDR therapy.