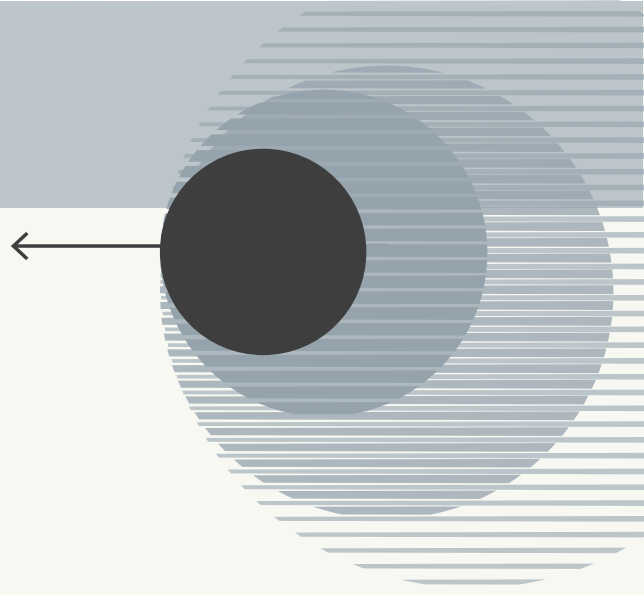


EMDR Therapy



“Heal at the Root of Your Memories.
Reconnect with Yourself and Others.”

What Is EMDR?

Eye Movement Desensitization and Reprocessing (**EMDR**) is an **evidence-based therapy** that resolves trauma stored in the nervous system—without reliving every painful detail. Originally developed for PTSD, EMDR is now widely used to **heal all types of traumatic memories**, including early experiences, relational trauma, and significant life events, supporting secure connection with self and others.

Why Trauma Matters

Early or significant experiences of neglect, abuse, loss, or overwhelming stress shape how we **feel, think, and relate to others**.

Common effects include:

- Fear, anxiety, or hypervigilance
- Difficulty regulating emotions
- Relationship struggles or insecurity
- Chronic self-doubt or low self-worth

EMDR helps **transform these patterns**, replacing survival-based responses with **secure, integrated ways of being**.

How EMDR Works

Through **bilateral stimulation** (eye movements, tapping, or sound), EMDR activates the brain's natural healing systems. It helps you:

- Process unresolved **traumatic memories**
- Rewire limiting beliefs and emotional patterns
- Build new internal resources for **safety, regulation, and connection**

Who EMDR Supports

- Adults navigating struggles rooted in early or later trauma
- Survivors of neglect, abuse, or overwhelming life experiences
- Professionals or caregivers carrying unresolved emotional pain
- Anyone seeking **deep, embodied healing** beyond symptom relief

Begin Your Healing Journey

With EMDR, you can **move from surviving to fully living**—releasing the weight of old memories and creating a foundation for lasting emotional well-being.

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