



Is EMDR Right for Me?

It is if **ANY** of the following apply to you...

- You would rather not do long-term talk therapy...
- You've been in traditional therapy with no real breakthrough...
- You're still dealing with the same old problems...
- Stress is causing problems at home or at work...
- You're tired of anxiety or phobias...
- You're ready to be truly happy and stop worrying about so much...
- You would rather not have to talk through unpleasant details from the past...

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EMDR Therapy



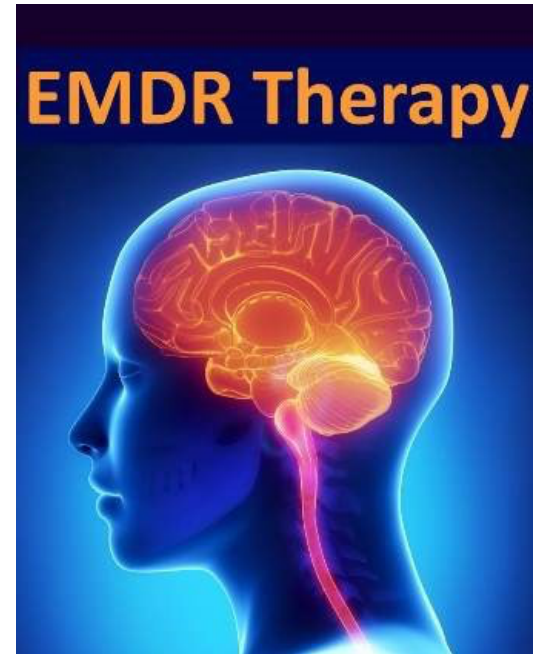
Keith A. Welsh

**Licensed Clinical Social Worker
Certified EMDR Therapist**

I am a Licensed Clinical Social Worker and Certified EMDR Therapist. I have a bachelor's degree from Shippensburg University where I graduated as the Distinguished Military Graduate and then served six years on active duty as an Army Officer and Paratrooper. I completed a Master of Social Work at Temple University, later became a Clinical Social Worker, and in 2018 I became a Senior Executive Fellow at Harvard University.

I have practiced EMDR for over twenty years and now practice EMDR virtually from Pennsylvania and have served clients all over the United States and around the world. I have been honored to treat clients on every continent so far except Antarctica!

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***Fast Forward*
to your
Emotional Wellness**

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Serving the Global Community

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Cost & Approach

Most issues are resolved quickly, some in as little as a single session or two which can seem hard to believe. The outcome is lasting and doesn't wear off or require additional sessions to maintain.

I see clients for such a brief number of sessions that I cannot afford to participate in insurance. To offset this, I work at a rate less than half the allowable insurance rate and offer a substantial discount when paying in advance by credit card. I also accept medical savings cards and can provide an invoice to submit to insurance which is generally paid at your out of network rate.

I do not require weeks of rapport building but instead start EMDR immediately after the first assessment session. This saves you considerable time and cost.

I work to your satisfaction and offer flexible scheduling.



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What is EMDR?

It's NOT just for trauma or PTSD!!

Eye Movement Desensitization and Reprocessing is a psychotherapy practiced by licensed clinicians which enables people to heal from the symptoms and emotional stress that are the result of past or disturbing life experiences.

The mechanism that enables this healing is similar to that of Rapid Eye Movement (REM) sleep. The difference is that you're awake and aware of what your mind is doing during the session. EMDR is not hypnosis. What it IS though is amazingly transforming and you'll be surprised at what your brain is capable of in healing anything from the past impacting your present.

Unlike traditional talk therapy, this transformation is client driven, not based on clinician guiding or interpreting. The outcome can be profound and instantaneous in as little as a single session.

EMDR has been researched and scientifically validated in hundreds of studies over the past three decades.

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Why Consider EMDR?

Whether you realize it or not, you may suffer from events in your past that keep replaying within themselves in an endless repeating loop, or undermining your confidence and charging your emotions inexplicably.



Maybe you have tried cognitive or talk therapies that never got to the root of your real problem.

To Improve Your Life by....

- ✓ Resolving self-defeating thoughts and behaviors...
- ✓ Eliminating Anxiety...
- ✓ Improving your sleep...
- ✓ Overcoming recurrent anger or depression...
- ✓ Getting rid of triggering thoughts or flashbacks...
- ✓ Putting the past to rest...



EMDR can help you desensitize the issues from the past, and evict the "inner-demons" robbing your life of its full potential. When the past, present, or other issues are resolved, you will experience a renewed life, feeling resilient and ready to experience a higher quality of life and true happiness.

Join the thousands who have discovered the real healing that's finally possible!

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