



Need Therapy Help?

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# AERCs EMDR THERAPY: A STRONG PATH TO HEALING



**Toronto | Orangeville**



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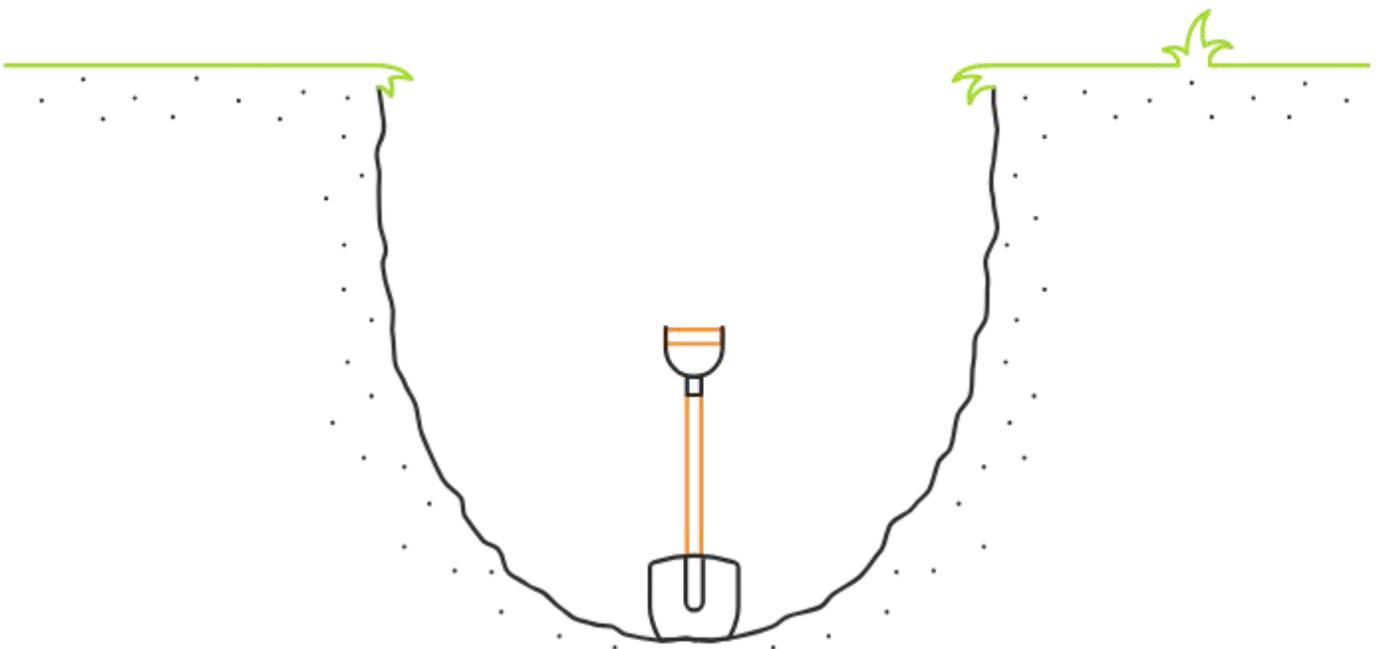
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# Introduction to EMDR Therapy

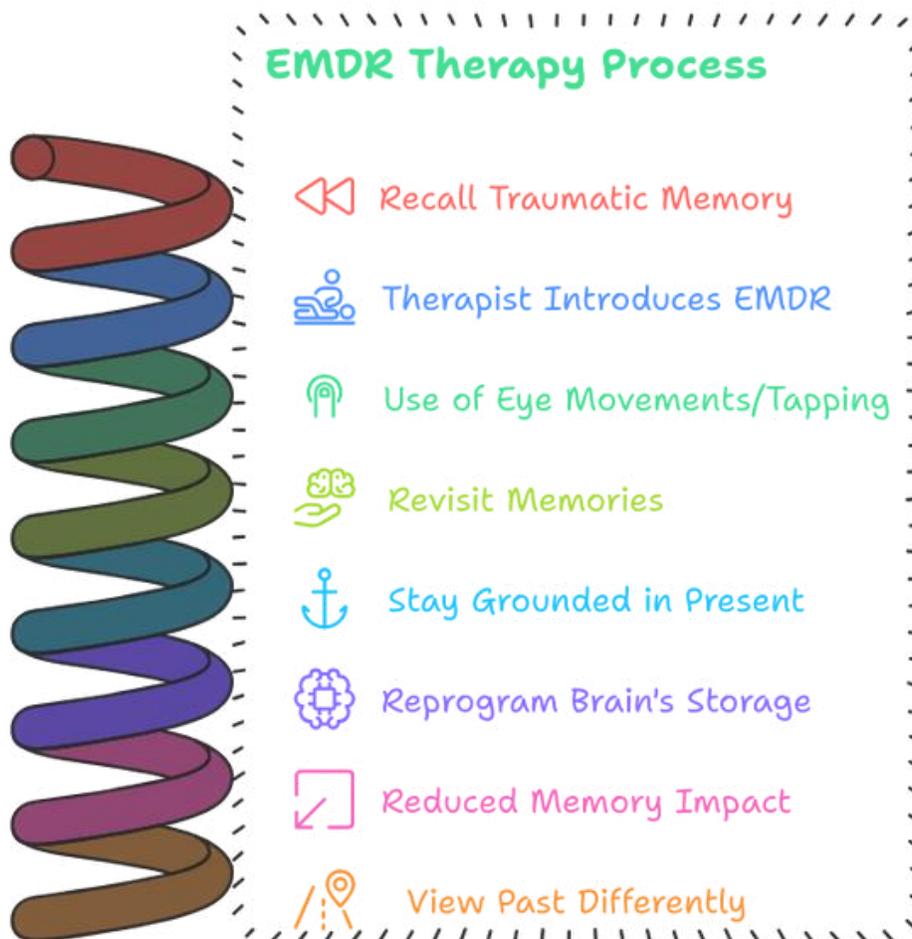
If you've experienced trauma, you may feel stuck in a loop of distressing memories, overwhelming emotions, and physical tension. EMDR therapy helps you break free. It's a structured approach that uses bilateral stimulation, such as eye movements, to help your brain process those memories in a healthier way. Developed by Dr. Francine Shapiro, EMDR therapy has changed the lives of many people by reducing the emotional charge of traumatic events and building positive beliefs about the present.

*Trauma causes emotional distress and physical tension.  
There is a way out!*



# How EMDR Works

When you recall a traumatic memory, it can feel as though it's happening all over again. EMDR therapy changes that. Using techniques like guided eye movements or tapping, your therapist helps you revisit those memories while staying grounded in the present. This process reprograms the way your brain stores the memory, reducing its impact. You'll begin to view past experiences differently and feel a sense of relief.



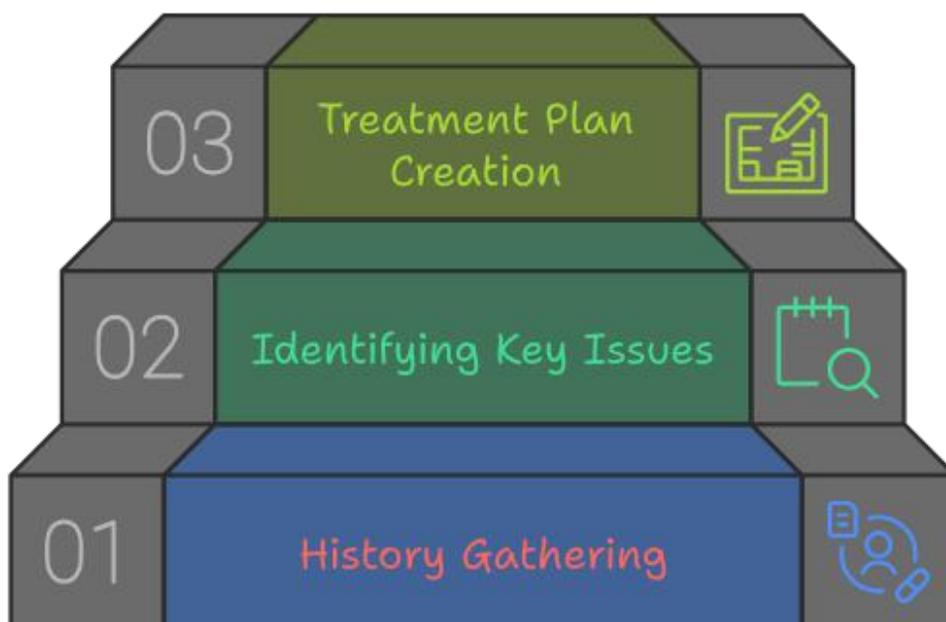
# Phases of EMDR Therapy

EMDR therapy follows eight distinct phases, each designed to guide you toward relief and healing. Below is a closer look, with extra focus on the stages that involve the most active processing:

## Phase 1: History and Treatment Planning

In this initial phase, your therapist learns about your history and identifies the memories, thoughts, and feelings to address. You won't need to share every detail of your trauma—just enough to create a plan.

### Journey to Effective Treatment

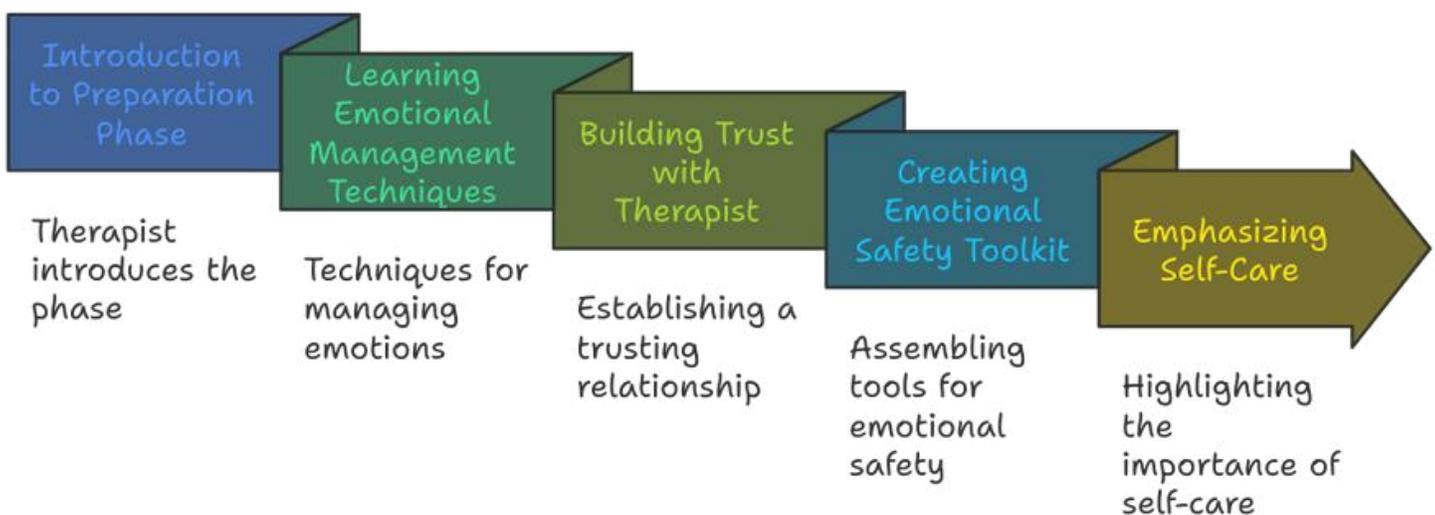


# Phases of EMDR Therapy

## Phase 2: Preparation

Your therapist teaches you simple techniques to manage emotions and reduce stress during the therapy process. You'll also build trust with your therapist. Think of this phase as creating a toolkit for your emotional safety. Self-care is central to EMDR, and preparation ensures you feel supported throughout.

### EMDR Preparation Phase



# Phases of EMDR Therapy

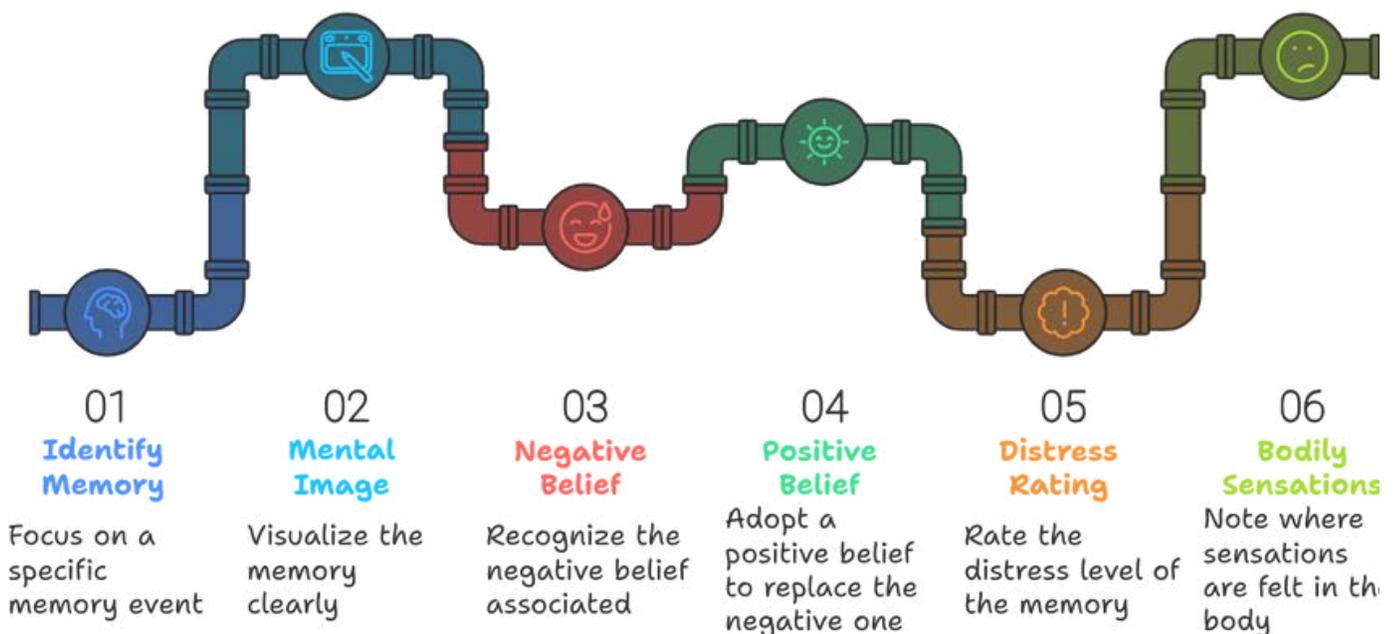
## Phase 3: Assessment

This is where we get specific. You and your therapist will focus on one particular memory. Together, you'll identify:

- A mental image of the event.
- A negative belief about yourself tied to that event, like "I'm not good enough."
- A positive belief you want to adopt, such as "I am strong and capable."

You'll also rate how distressing the memory feels and note where you feel it in your body.

### Memory Assessment Process

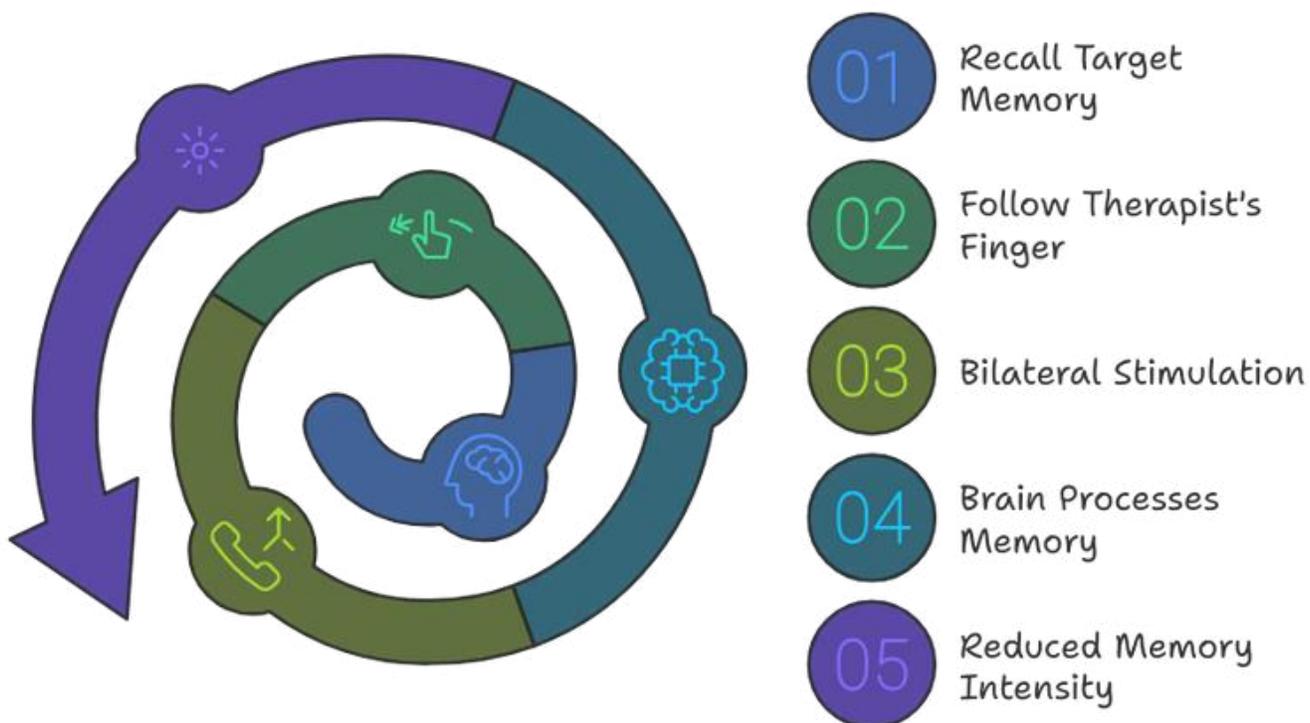


# Phases of EMDR Therapy

## Phase 4: Desensitization

This is where EMDR gets to work. You'll recall the target memory while following your therapist's finger movements or other forms of bilateral stimulation. Your brain will process the memory, reducing its intensity. It's not about forgetting—it's about feeling less overwhelmed when you think about it.

### EMDR Desensitization Process



# Phases of EMDR Therapy

## Phase 5: Installation

In this phase, you focus on the positive belief identified earlier. As you engage in bilateral stimulation, your therapist helps you strengthen this belief until it feels true. For example, "I'm strong and capable" becomes a reality you can feel, not just think.

### Journey to Belief Integration

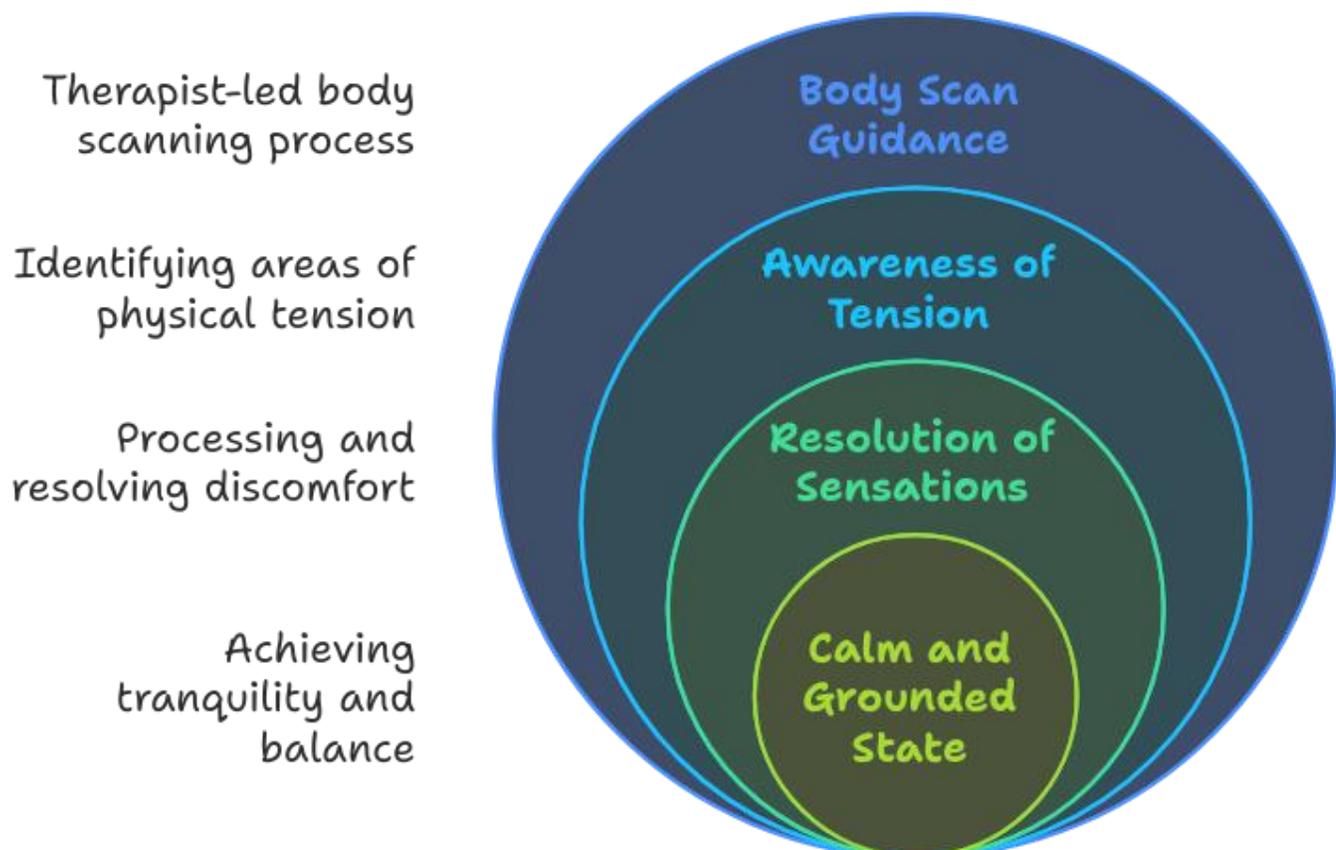


# Phases of EMDR Therapy

## Phase 6: Body Scan

Even after processing a memory, physical sensations can linger. Your therapist will guide you to scan your body for tension or discomfort. Any leftover sensations are processed until they resolve, leaving you feeling calm and grounded.

### Body Scan Process

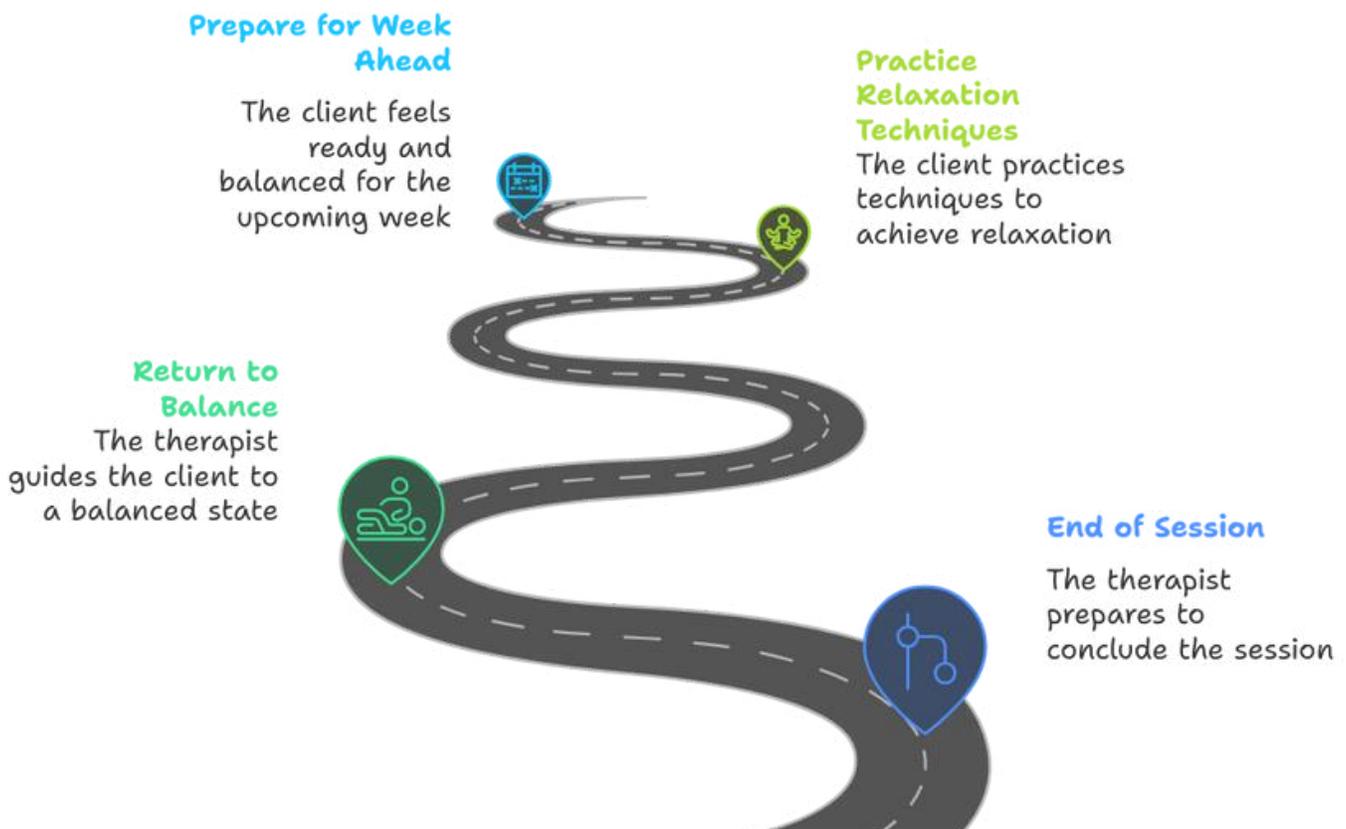


# Phases of EMDR Therapy

## Phase 7: Closure

At the end of each session, your therapist will help you return to a state of balance. You'll practice relaxation techniques and be ready for the week ahead, even if the work on your memory isn't fully complete.

### Session Closure Process



# Phases of EMDR Therapy

## Phase 8: Reevaluation

At the start of each session, you and your therapist will check in on your progress. You'll revisit past targets to ensure they've been fully processed before moving on to new ones.

### Journey to Emotional Mastery



Initial Check-In



Progress Review



Target Revisit



New Target Introduction

# Unique Features of EMDR

EMDR is different from traditional therapy. It doesn't rely on talking through every detail of your trauma. Instead, it focuses on how the memory makes you feel and how it affects your beliefs about yourself. EMDR also works quickly. Many people notice a difference in just a few sessions.

**Choose the most effective therapy approach for quick trauma processing.**



## EMDR Therapy

Focuses on emotional impact and quick results



## Traditional Therapy

Emphasizes detailed verbal exploration

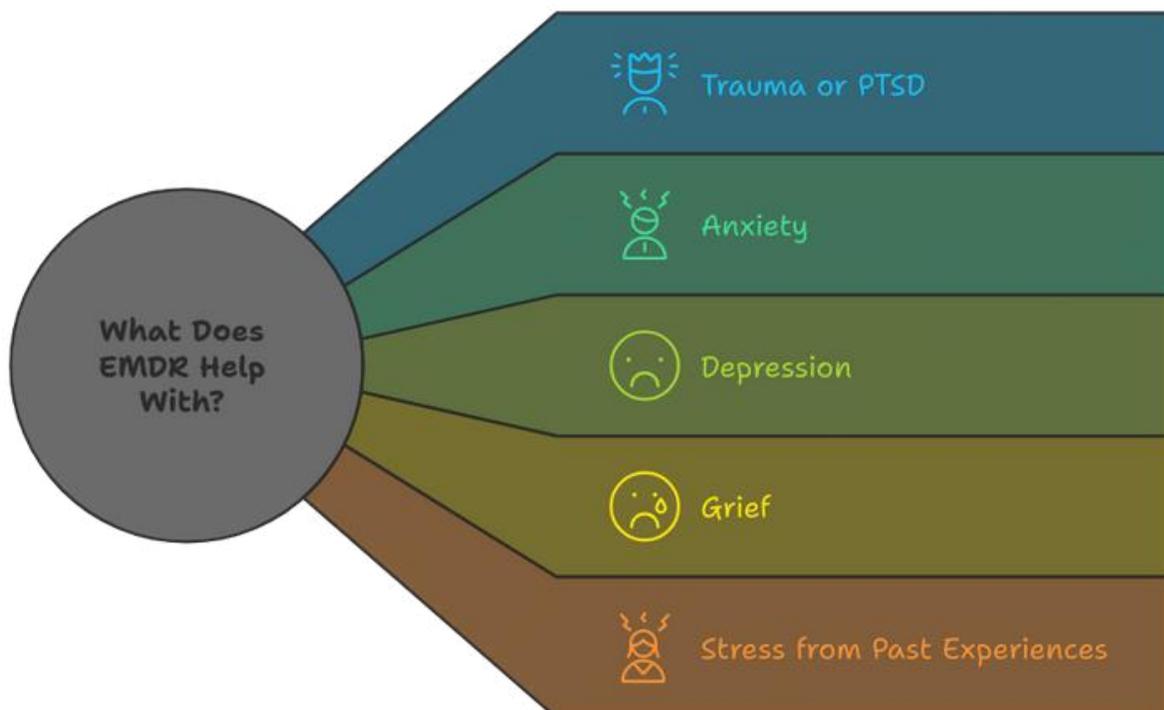
# Who Can Benefit from EMDR Therapy?

EMDR therapy can help if you're dealing with:

- Trauma or PTSD
- Anxiety
- Depression
- Grief
- Stress from past experiences

Even if you're not sure whether your struggles stem from trauma, EMDR may still be a good option. It's designed to help you move past what's holding you back.

## What EMDR Therapy Helps With?



# Potential Benefits and Considerations

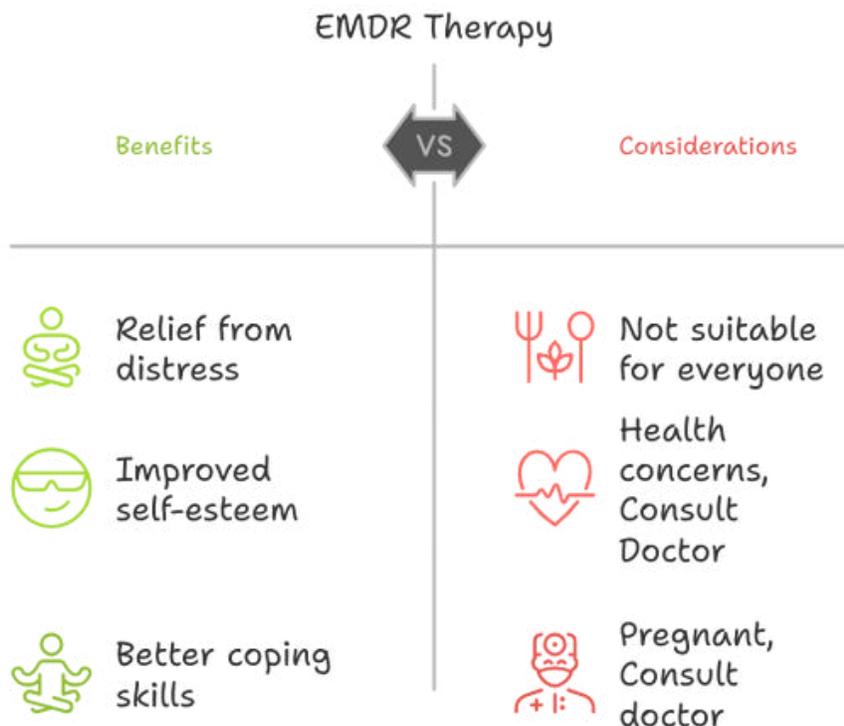
EMDR therapy has helped many people find relief from trauma and emotional distress, but it's important to understand what it offers and whether it's the right fit for you. This section outlines the potential benefits you can expect and key considerations to keep in mind before starting therapy.

### Benefits:

- Relief from distressing memories.
- Improved self-esteem and emotional balance.
- Reduced anxiety and better coping skills.

### Considerations:

- EMDR is not suitable for everyone. If you're pregnant, have a heart condition, or specific health concerns, consult your doctor first.



# Choosing an EMDR Therapist

Finding the right therapist is key to a successful experience. Ask questions to ensure they're properly trained in EMDR:

- How many people have you treated with EMDR?
- What training have you completed?
- How do you measure progress?

Ensure your therapist makes you feel comfortable and confident in their approach.

## How to choose the right EMDR therapist?

### Experience

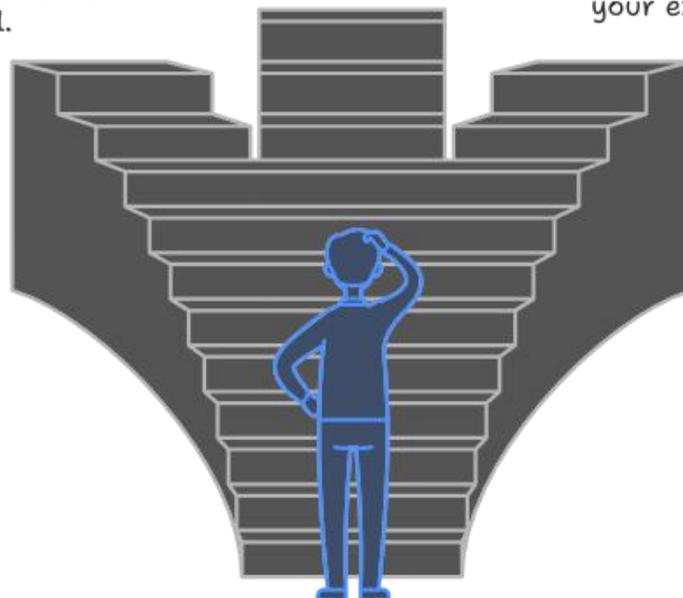
Inquire about the number of EMDR cases treated to gauge experience level.

### Training

Ask about completed EMDR training to ensure proper qualification.

### Progress Measurement

Understand how the therapist measures progress to align with your expectations.



# Preparing for Your First EMDR Session

Your first session is a chance to share your goals and learn techniques to stay grounded. Practice relaxation exercises, and keep a journal to track emotions or insights between sessions. These tools will help you stay engaged in the process.

## Preparing for EMDR Success

### Keep a Journal

Regularly write down emotions and insights to track progress.

### Practice Relaxation Exercises

Engage in activities that promote relaxation and reduce stress.

### Learn Grounding Techniques

Acquire methods to maintain presence and focus during sessions.

### Share Goals

Discuss your objectives and expectations for EMDR therapy.



# FAQs About EMDR Therapy

## **How long does it take?**

Many people experience results within 3-5 sessions, but this varies depending on your history.

## **Do I need to remember everything about my trauma?**

No. EMDR focuses on emotions and sensations, not specific details.

## **Does EMDR work for everyone?**

While highly effective for many, success depends on individual circumstances.



# EMDR Therapy

You don't have to live with the weight of the past. EMDR therapy offers a proven way to process difficult memories and regain control over your life. Many individuals have found relief and renewed strength through this transformative approach—and you can too.

Ready to take the next step? Visit [AERCS EMDR Therapy](https://www.aercs.ca/emdr-therapy) (<https://www.aercs.ca/emdr-therapy>) today to learn more about how EMDR therapy can help you. Reach out to AERCS to connect with an experienced therapist and start your journey toward healing. Click here to begin your transformation.

Empower individuals to heal and regain control through EMDR therapy.

**Achieve healing and strength**

Embrace a transformative journey.

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**Burdened by past memories**

Struggling with emotional weight.

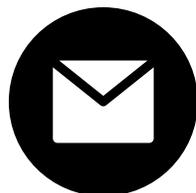


# SCHEDULE AN APPOINTMENT

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# AERCS - GLORIA SEGOVIA

## **Gloria Segovia, MSW, RSW, RP**

In Person and Online

Gloria Segovia is a Dual-language (English and Spanish) Registered Psychotherapist and Registered Clinical Social Worker with over 15 years of experience. She is experienced in providing clinical social work and psychotherapy to children, youth, families, and couples. Gloria has worked in private practice as well as in the hospital sector, and supervises masters level social work students in their practicum through York University.



Gloria is an empathic and compassionate master's level social worker with over a decade of experience in supporting people through mental health and addiction challenges. She specializes in addiction and relapse prevention as well as couples counseling. Gloria is registered with the Ontario College of Social Workers and Social Service Workers and the College of Registered Psychotherapy of Ontario, both in excellent standing.

As a child therapist, Gloria's focus is to help children and families overcome challenges and promote emotional wellness. With extensive experience working with children of all ages, she has developed a strong passion for empowering children to become confident, resilient, and happy individuals.

Using evidence-based therapies and techniques, such as play therapy, cognitive-behavioral therapy, emotion focused therapy and trauma-informed care, Gloria works with children to address a wide range of emotional and behavioral concerns, including anxiety, depression, ADHD, ADD, OCD, trauma, and behavioral problems. She believes in a holistic approach that includes collaboration with parents and caregivers to help them better understand their child's needs and develop effective parenting strategies.

Gloria is committed to providing a safe and supportive environment for children to express themselves and explore their feelings. She believes in a strengths-based approach that emphasizes a child's unique strengths and abilities and strives to create a positive and uplifting atmosphere where children can build their self-esteem and self-confidence.

Through ongoing professional development, Gloria stays up to date with the latest research and best practices in the field of child therapy, and is dedicated to providing the highest quality of care to every child and family I work with.



Gloria Segovia with a client in the AERCS Orangeville office.

### **Belief in Strength-Based**

Gloria believes that we all have the ability to grow and change. This leads her to pay attention to client strengths, in addition to their challenges. It is her belief that therapy cannot only help clients address concerns and symptoms, but also assist them in developing greater connection and meaning in their lives.

### **Safe Environment**

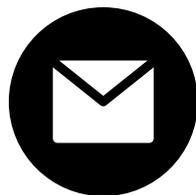
Gloria's experience in various roles has given her the opportunity to work with individuals of diverse backgrounds. As such, it is important to recognize and respect the full range of our differences. In doing so and in Gloria's therapeutic practice, she remains committed to fostering a safe environment which promotes equality, inclusion and diversity. As a therapist, it is Gloria's aim to foster an environment where you feel safe to unpack your vulnerabilities and emotional burdens.

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