

LifePointe Counseling, LLC

LifePointe Counseling, LLC provides high quality mental health care services that address the entire person: physically, mentally, emotionally, and spiritually.

Our staff is comprised of committed Christians who are all fully credentialed and professionally trained. We are dedicated to providing our clients with excellent Christian mental health counseling and psychiatry in a safe environment that allows individuals and couples of nearly all ages to work through the brokenness that prevents them from experiencing satisfaction and joy in life. Many clients have found our unique integration of Christian therapy and psychiatric services to be extremely helpful. Our goal is to help people begin to experience the true forgiveness, healing, and joy that God desires.



Our Mission

We are a Christ-Centered team providing quality mental health care and supportive therapies with dignity, faith, and wisdom.

Did You Know...

- ✘ Our staff members are available to speak at conferences, seminars, and workshops.
- ✘ We have health care providers on Aetna, Anthem Blue Cross Blue Shield, Cigna, United Healthcare, UBH, and Tricare insurance panels.
- ✘ A sliding scale is offered to those who financially qualify.
- ✘ We have counselor bios, forms, and other mental health resources on our website.



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EMDR THERAPY



Eye Movement Desensitization & Reprocessing





Specialized Trauma Therapy

Have you experienced a negative life circumstance that you feel you can't tell to anyone? Does that event seem to haunt you, despite your efforts to "get over it"?

If so, you may have experienced a trauma.

LifePointe Counseling, LLC can help. We have several therapists on staff who specialize in treating trauma through a therapeutic process called Eye Movement Desensitization and Reprocessing (EMDR).

EMDR has already helped an estimated 2,000,000 people of all ages relieve many types of psychological stress. If you would like to schedule an appointment or learn more about EMDR, visit us at:

www.lifepointecounseling.com

**Statistics and "How EMDR Works" content are taken from EMDR.com and EMDRIA.org.*

How EMDR Works

EMDR is based upon the view that negative symptoms and psychopathology resulting from a trauma and/or disturbing life experience is due to the incomplete processing and integration of memories. EMDR is an 8-phase approach that aims to treat the trauma in its entirety, including the visual, cognitive, and sensory elements of the trauma. EMDR uses specific psychotherapeutic procedures to:

- 1) Access existing information
- 2) Introduce new information
- 3) Facilitate information processing
- 4) Inhibit accessing of inappropriate information



Specific procedural steps are used by trained EMDR specialists to access and process difficult memories while incorporating bilateral sensory stimulation through the use of eye movements, tapping, or a light bar. The end goal of EMDR is for the

client to be able to bring up the traumatic event without experiencing all of the negative cognitive, emotional, and physical sensations. EMDR does not erase traumatic memories; it simply facilitates the brain to process the negative aspects of the memory and store it more "linguistically" than "emotionally".

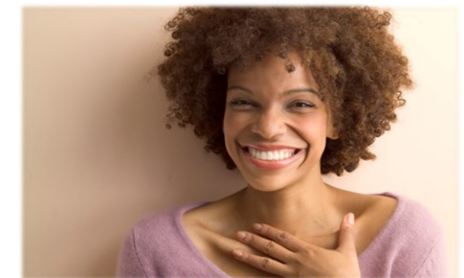
Why Use EMDR?*

- "More than twenty randomized studies support the effectiveness of the therapy in the treatment of PTSD."
- "EMDR therapy is recognized as an effective trauma treatment and recommended worldwide in the practice guidelines of both domestic and international organizations." (see *EMDR.com* for a list of these organizations)

An Example of Using EMDR

Jane was in a traumatic car accident and suddenly began having panic attacks and nightmares. She was diagnosed with PTSD (Posttraumatic Stress Disorder). She began EMDR therapy, and was asked to list the best and worst things that have ever happened in her life. Jane noticed a pattern of memories where she felt "unsafe".

After several counseling sessions, Jane and her therapist began the Eye Movement stage and targeted the car accident memory. Jane brought up the memory along with the picture in her mind that represented the worst part - the crushed car. She also thought of the negative belief about herself, which was "I am unsafe." Jane noticed the pit of fear in her stomach, and a sense of panic. Through the use of eye movements and verbal processing, Jane processed all of the sensory, thoughts, images, and related memories that had unknowingly been tied to the traumatic memory. By the end of the session her distress related to the trauma was gone, and she felt completely safe.



Take your first step to overcoming your trauma by calling us today at 314-849-2120!