

EMDR/Trauma



Category	Description	Details
Trauma Treatment Approaches	Evidence-based therapies recommended by VA/DoD guidelines	New Hope Counseling specializes in EMDR, Cognitive Processing Therapy (CPT), and Prolonged Exposure (PE) to help individuals recover from trauma and reclaim safety, connection, and calm.
Trauma-Informed Approach	A supportive, patient-focused treatment method	Treatment prioritizes safety, choice, and voice, ensuring patients maintain control and move at a pace that suits their readiness and emotional state.
Assessment & Stabilization	Building a foundation for healing	Initial sessions focus on understanding the trauma history and establishing coping mechanisms with techniques like grounding, paced breathing, and self-soothing to create stability before deeper trauma work.
EMDR Treatment Protocol	A structured, eight-phase healing process	The EMDR protocol includes taking a detailed history, building stability, assessing target memories, and processing them with bilateral stimulation to reduce emotional distress and reframe beliefs.
Personalized Care	Individualized trauma recovery plans	Treatment is tailored to each person's unique experiences, needs, and readiness, ensuring safe and effective progress with coordinated, specialized care.
Why Choose New Hope Counseling	Commitment to evidence-based, effective care	New Hope Counseling offers trauma-informed expertise with EMDR protocols, a collaborative partnership with patients, and a focus on long-term wellness and healing.
copyright	https://www.new-hope-counseling.com	contact us