

# EMDR *with* Wild Wish Counseling



*E*MDR is handled with immense care at Wild Wish. We recognize that there is a level of emotional preparation that must be met by a client prior to receiving such a profound treatment. We are here to help you reach this level of readiness through building solid relationships with your counselor, unfolding and analyzing your past experiences together from multiple standpoints in order to gain a clearer view of what wants to be processed through EMDR - all the while, insuring your ability to safely move through whatever rises up to the surface to meet you during and after your treatment.

This often requires multiple sessions of talk therapy before EMDR is attempted. There is a mutual agreement that must be met between you and your therapeutic team about when and if EMDR is the right road to travel for you. We like to be very transparent about this, since we realize that some practitioners require less preparation prior to beginning EMDR.

Our goal is to responsibly and safely guide you through this process. Attempting EMDR before you are prepared can cause additional harm, and our intention is to avoid further harm by handling this healing modality with the utmost respect.

Once it is determined that you are ready to reprocess with EMDR, those specific sessions will be in scheduled separately while accompanied by your regular counselor, providing you with a wrap of support.

If you are an existing client who wishes to learn more about EMDR and if it is right for you, please notify your counselor so we may begin this process. If you are new to Wild Wish and are interested in this service, please mention this in your contact form.

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