



EMDR FOR POLICE OFFICERS

EMDR IS A COMPREHENSIVE TREATMENT FOR ON THE JOB EXPOSURE TO ACUTE STRESS AND TRAUMA CAUSING DIRECT TRAUMA OR VICARIOUS TRAUMA.

- 1** EMDR stands for Eye, Movement, Desensitization and Reprocessing. EMDR is the most researched and widely accepted psycho-therapeutic method for the treatment of PTSD. EMDR works directly with the brain and the way memories, thoughts, feelings and body sensations are stored when we are traumatized.
- 2** EMDR therapy is recognized as an effective and efficient method of treatment by numerous government agencies and professional associations including the US Department of Veterans Affairs and Department of Defense, the American Psychiatric Association, and the American Psychological Association.
- 3** EMDR treats PTSI/PTSD symptoms, depression, anxiety, addictions and chronic stress. It re-balances the nervous system to create resiliency for the demands of the job.
- 4** Critical incidents on the job can increase one's risk for developing PTSD. They include: crew members death in line of duty, the death or serious injury of a child, multiple fatalities or seriously injured survivors, attempted or successful suicides, natural disasters, personal mishaps involving death or permanent injury, high emotional impact calls, grotesque injuries, acts of terrorism, acts of violence resulting in injury or death.

Lemecia Lindsey, LICSW is highly trained and skilled in EMDR therapy and culturally competent to work with first responders. She uses EMDR therapy to help treat PTSI/PTSD and chronic stress in first responders including: police officers, fire fighters, EMT's, corrections, 911/Dispatch Operators and military/veterans personnel.

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