



Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. This intervention works to connect the brain and body to reprocess negative cognitions with a focus on body sensations and awareness.

You may consider EMDR as part of your Collaborative Care if you:

- Are living with an acquired brain injury and/or intellectual disability and have experienced a disturbing life experience or trauma resulting in emotional disturbance.
- Are having difficulty living the emotions/memories of past trauma(s).
- May not be ready to discuss the details of the trauma, though want to heal and reprocess.
- Consider an event or concerning feeling significant, therefore considering brief intervention.
- Experience trauma, anxiety, depression, and/or challenges with self-esteem.

Our EMDR Specialist

Chelsea Zarcone, LICSW,

CBIS is an EMDR trained clinician, specializing in supporting those who experience acquired brain injury and/or intellectual disabilities and mental health needs. She received

her training from the EMDR Institute, which was founded by Francine Shapiro who developed EMDR therapy.



About Collaborative Care

Emotional health is essential to an individual's overall well-being and long-term successes. The Continuum of Collaborative Care provides effective and specialized treatment options for individuals with co-occurring mental health needs and Intellectual and Developmental Disabilities (IDD), Brain Injuries, and/or Autism.

Our specialized therapeutic approaches meet the unique needs of our clients and allow for positive person-centered outcomes. We provide office-based and telehealth services, as well as outreach that brings clinical supports and assessment to an individual's residence, day services, area agency and other support locations.

To make a referral or set-up an EMDR assessment, please call Collaborative Care at (603) 965-0713.



603-434-1577

10 Tsienneto Road, Derry, NH 03038

103 Stiles Road, Salem, NH 03079

Acute Care Services: 603-434-1577, Option 1

www.CenterForLifeManagement.org