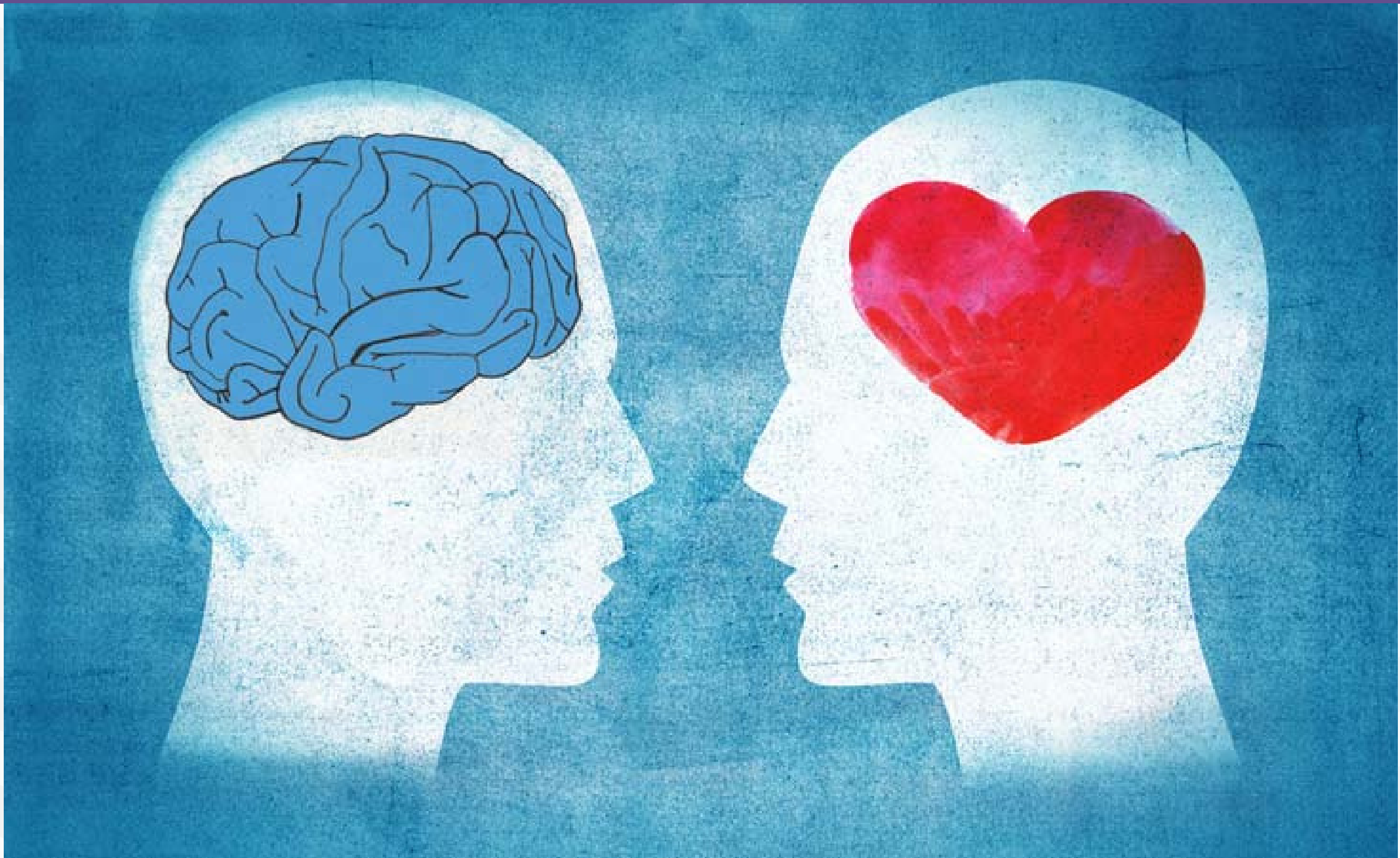


# HEALING THROUGH EMDR



## CURIOUS ABOUT EMDR THERAPY?

EMDR is an approach to psychotherapy that targets both physiological and psychological symptoms of trauma and stress.

*treatment provided by  
Kailah Tuttle, M.A., LLPC  
SAFE EMDR Practitioner*

For questions or concerns about the process,  
or to schedule a consultation,  
please do not hesitate to contact me at  
[kayres-tuttle@familymedical.org](mailto:kayres-tuttle@familymedical.org)