

## Learn About EMDR Therapy

**Jeffrey:** EMDR is probably the best thing that has put me back onto the right track.

**Fred:** It's a trauma-focused therapy. It processes these trauma memories as normal memories.

**Jeffrey:** They'll hold something up and you'll talk about your troubling past, like that soldier that died, and you'll have to follow it with your eye while you're talking it. That process helped me deal with things just a little bit quicker.

**Fred:** And I saw within weeks suicidal ideation, I didn't even notice they were gone, which is really a blessing.

**Jeffrey:** It's how do I deal with troubling situations to this day now.



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