



Healing Looks Different For Everyone. You Get to Choose What Fits *You.*

EMDR, brainspotting, and ART are powerful, evidence-based therapies that help your brain and body heal from trauma and distress. While they share the same goal – lasting relief – their approaches are a little different. Here's a guide to help you explore which might be the best fit for you.

	EMDR Eye Movement Desensitization & Reprocessing	BRAINSPTOTING Brain-Based Therapy	ART Accelerated Resolution Therapy
What It Is	A well-researched therapy that helps your brain reprocess difficult memories so they no longer feel overwhelming.	A brain-body approach that uses eye position to identify, process, & release deep-seated trauma.	A rapid therapy that uses guided eye movements to replace distressing images with empowering ones.
How It Works	Bilateral stimulation (eye movements, taps, or tones) helps your brain reprocess & integrate difficult experiences.	We identify a "brainspot" (a visual point that links to where you feel the distress in your body) & allow your brain to heal.	You focus on a distressing image while using rapid eye movements to replace it with a preferred, empowering image.
Best For	Trauma, anxiety, PTSD, depression, grief, and many other challenges.	Complex trauma, attachment wounds, body-based symptoms, & situations where words fall short.	Single-incident trauma, specific phobias, performance blocks, and quick relief of distressing memories.
You Might Choose This If...	• You want a structured, evidence-based approach with a strong track record • You prefer talk therapy combined with bilateral stimulation • You're ready to reprocess & heal past experiences	• You feel trauma in your body but struggle to put it into words • You want a gentle, neurobiological approach • You're looking for deep healing at the root level	• You want relief quickly • You prefer a more directive, solution-focused approach • You're working through a specific event or fear