



Lasting Relief Looks Different For Everyone.

You Get to Choose What Fits *You.*

EMDR, Brainspotting, and ART are all powerful therapies that help your brain and body reprocess trauma and emotional distress. While they share the same goal – lasting relief – their approaches are different. Here's a guide to help you explore which place you want to start.

	EMDR Eye Movement Desensitization & Reprocessing	BRAINSPOTTING Eye Positioning Therapy	ART Accelerated Resolution Therapy
What It Is	A therapy approach to help your brain process difficult or distressing experiences so they no longer feel as overwhelming or "stuck." A way to re-file stored negative memories in the brain. It does not get rid of the trauma; but it helps how you think about it.	A brain-body approach that uses eye position to identify, process, & release deep-seated trauma.	An approach that uses guided eye movements and prompts to replace distressing images and body sensations with empowering ones. Often done over 1-5 sessions, hence the accelerated.
How It Works	Uses bilateral stimulation (eye movements, taps, or tones) while working with distressing memories, thoughts, emotions, and body sensations. It supports your brain's natural processing & integration.	We identify a "brainspot" (a visual point that links to where you feel the distress in your body) & allow your nervous system to clear.	You focus on a distressing scenario (event, memory, or part of your day) while using rapid eye movements to replace both images and physical sensations.
Best For	Trauma, anxiety, PTSD, depression, grief, and other experiences connected to distressing or difficult memories.	Complex trauma, attachment wounds, body-based symptoms, chronic pain, & situations where words fall short.	Trauma, PTSD, anxiety, depression, grief, day-to-day stressors or fears
You Might Choose This If...	- You want a structured, evidence-based approach that moves through specific phases while still allowing you to build a strong therapeutic relationship with your therapist - You like having different options for bilateral stimulation and want to process difficult experiences without having to talk through every detail	- You feel trauma in your body but struggle to put it into words - You want a somatic approach that is gentle & neurobiological - You want to better understand your specific brain-body connection	- You want an evidence-based approach proven to provide relief quickly - You prefer a more directive, creative script where you can engage with your therapist as much or little as desired - You want to work through a specific trauma, memory, fear or barrier