EMDR THERAPY

How EMDR helps during Perimenopause, Menopause

Perimenopause and menopause can bring hormonal fluctuations lower the brain's threshold for coping, often unearthing old or dormant traumatic memories and much more than physical changes -anxiety, low mood, emotional overwhelm, sleep difficulties, loss of confidence and past experiences resurfacing can all feel difficult to manage.

EMDR therapy re-frames distressing thoughts regarding aging, self-worth and body changes.

EMDR calms the nervous system, it can offer a supportive way to work through distressing experiences, regulate emotional triggers and help to feel more grounded.

If you are struggling with the impact of perimenopause or menopause, take the steps towards feeling more in control.