

EMDR Screening questions:

"What events in your past are still affecting you? These might be trauma, loss, or abuse experiences."

"In a major study, 2/3 of the participants reported experiencing at least one Adverse Childhood Event, or ACE, such as trauma, abuse, or neglect. These experiences were shown to have a negative impact on our physical and emotional health as adults. What, if any, ACEs did you experience?"