(re)treat.
Wellness, LLC of Tampa Bay

Myths & Misconceptions About EMDR

“EMDR is hypnosis.”
No. You remain awake, aware, and in control throughout the process.

“I’ll have to relive all the details of my trauma.”
Not at all. You don’t need to share every detail. EMDR focuses on how your brain stores the memory, not on retelling the story.

“It’s a quick fix.”
While EMDR often produces results faster than traditional therapy, it is still challenging emotional work. Healing takes commitment and effort.

“It only works for trauma.”
EMDR is highly effective for trauma but also supports anxiety, depression, grief, performance, relationships, and more.

“If I start EMDR, I’ll lose control of my emotions.”
You may feel strong emotions during processing, but your therapist will guide you and ensure you remain safe, grounded, and in control.