



J&L Psychology

Forging Strength, Resilience, and Hope



Meet our EMDR provider: Beth Phillips, LCSW

Beth's clinical experience spans 16 years. She is trained in EMDR through the EMDRIA program. Beth's approach to healing is trauma-informed and holistic in that she recognizes that past traumas and current stressors can "steal pieces of your true, joyful self."

Learn more about Beth by reading her profile at:
<https://www.jandlpsychology.com/beth-phillips-lcsw.html>

Upcoming FREE EMDR Q&A

Join us for our inaugural
Midday Moment (Virtual via Zoom):
June 13th, 2022 from 12-1pm EDT

[Click here to register!](#)

We are excited to meet prospective patients and referring providers in this free virtual meet-and-greet and Q&A session, where Beth will provide more information about EMDR (Eye Movement Desensitization and Reprocessing) and answer questions about the EMDR services available at J&L.

In this 1-hour virtual discussion, you will learn:

- What EMDR is
- When EMDR might be helpful
- Details about how EMDR works (e.g., how long treatment lasts, how sessions are structured)
- About the new EMDR services offered at J&L

J&L is now offering:

- Individual EMDR Sessions
- Intensive EMDR Mental Health Day
- Standalone or collaborative care options:

Whether you have been in trauma therapy before, are currently seeing another provider, or have never had any therapy in the past, EMDR may be an important component of your healing journey.

Contact us at info@jandlpsychology.com
or visit www.jandlpsychology.com to learn more.